

# OASIS<sup>of</sup> *Radical Wellbeing*

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Wellbeing for doctoral students  
Specialist Laura Miettinen  
Oasis of Radical Wellbeing

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**A moment for  
yourself**



Photos: [unsplash.com](https://unsplash.com)

**Supervision** – open, supportive and frequent communication

**Academic community and peer support** – belongingness and meaningful interactions

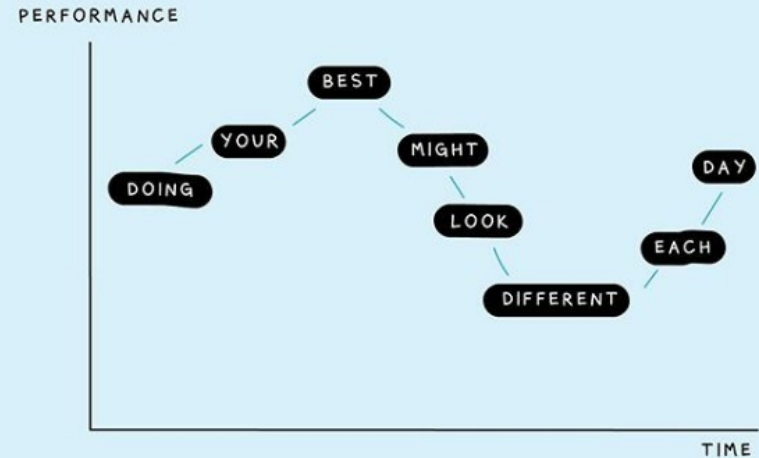
**Work characteristics and financial resources** – workload, funding opportunities, organizational culture and support

**Generic skills** – e.g. time-management, self-compassion

**Domain-specific expertise** –e.g. academic writing, methodology

**Personal resources** –personal life, values, self-efficacy beliefs, motivation

Remember self-compassion, self-care and recovery!



# Resources

[Support for doctoral students](#)  
[Aalto study and career psychologists](#)  
[Wellbeing desk](#)

[Oasis of Radical Wellbeing](#)  
[Self-study material](#)  
[Best thing today podcast](#)

[Occupational Health care at Terveystalo](#)  
[Workday Learning](#)

Thank you and all the  
best on your doctoral  
journey!

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