

What one piece of advice would you share with other PhDs

you are not an imposter
start writing - it is ok
everything is going okay
work-life balance
read interesting things
enjoy breaks and holidays
persevere
ask for help
it is okay to unlearn
take holidays
its never that bad
you are not your phd
don't be 2 hard on urself
enjoy the journey
value your own time
you need time
fake it till you make it
make friends
be one with the data
be kind for yourself
take breaks
set ddls
track progress
don't take too seriously