March 2023

SHTM Wellbeing Monthly

Resources

The **Centre for Wellbeing** offers pastoral care by offering guidance, advice and someone to talk to. https://wellbeing.surrey.ac.uk/centre-for-wellbeing

Actions

Join **Surrey Moves** where you earn points and get rewards for being active. It doesn't matter if you are simply walking to and from lectures, going for a jog around the lake or playing sport with your friends, it all counts towards you aiming for some great rewards!

Tips

Take time off your busy schedule and find time to chat or quietly contemplate at the '**Happy to Chat**' bench on campus. https://wellbeing.surrey.ac.uk/boost-your-wellbeing/happy-chat-bench

Events

The **Knife Angel** comes to Guildford Cathedral 1 to 30 March 2023 https://www.guildford-cathedral.org/events/knife-angel

My typical weekend– Time on weekends is reserved for family. A typical weekend involves making my children breakfast – Sundays are always pancakes – and catching up on chores such as laundry. I'm quite content just to potter about the house. Getting the dog his walks in are always a feature, often as a family walk in the woods/countryside.

Do you ever procrastinate– I do procrastinate. Normally this takes the form of doing small things first that delay me getting to whatever it is I may be avoiding. But soon enough once the smaller tasks are cleared I turn to the one I had not been looking forward to (normally this is writing a paper or a lecture), and find that once I get going it's not as bad as I imagined, perhaps even enjoyable?

The best advice you have been given on work life balance– I can't recall being given any, but I will give this: try not to check your work email at night, on the weekend, or when you are on annual leave. Unless you really want to, not because you feel you have to.

If you were to change careers, what would you do? I would become a Personal Trainer, focused on teaching calisthenics.

What song best describes you? I'm Still Standing by Elton John

Wellbeing at SHTM, Prof Scott Cohen