



Resources

Mental Health awareness month-
<https://www.mind.org.uk/information-support/tips-for-everyday-living/>



Actions

Giving back <https://www.givingback.org.uk/> at the Roayl Chelsea Flower Show
<https://www.rhs.org.uk/shows-events/rhs-chelsea-flower-show-2023>



Tips

9 Work-Life Balance Hacks for Academics
<https://blog.mdpi.com/2023/02/07/work-life-balance-academics/>



Events

Coronation events around the UK-
<https://coronation.gov.uk/>

SHTM Wellbeing Monthly





Emma, Mark, Lena and Bear

What makes you laugh?

My two dogs are an endless source of entertainment. Bear is big, old and grumpy, and Lena is young, small and wily – they spend hours finding new ways to wind each other up which is great fun to watch.

Any local traditions that international colleagues should try?

Morris dancing! Spectating perhaps rather than taking part but as summer is nearly here it's the perfect time to go to a May Day event and experience this quintessential English folk dance, complete with bells and handkerchiefs.

What is weekend Emma really like?

Weekends are for family, which for me is mainly time with my partner Mark and the dogs, often gardening or walking (we are lucky to live near the South Downs, Butser Hill and Queen Elizabeth Country Park). Mark and I love travelling and we are still making up for holidays lost to Covid. We've been to Senegal, Gambia and Spain so far this year and Amsterdam and Italy are in the planning.

What did you want to be when you were 10, and why did you change your mind (unless you wanted to be academic)?

I always wanted to be a writer and I did win a couple of prizes at school competitions. I seriously considered a degree in journalism but I ended up going in a different direction (I studied languages). The desire to be an author stuck with me and I was immensely proud when my first academic textbook was published in 2018...it felt like I had finally achieved this childhood goal.

If all SHTM colleagues were marooned, what survival skills can you bring to the table?

Not many! I was in the Brownies and Girl Guides and I have a hazy recollection of basic survival skills. Perhaps the fact that years of working on events means that I'm calm in a crisis and not at all squeamish is what I would bring to the table.