

November 2023



### Tips

Be respectful of people's time.



### Actions

<https://www.macularsociety.org/get-involved/volunteer/>

# SHTM Wellbeing Monthly



### Events

Woking Symphony Orchestra on 26th Nov  
<https://www.wokingso.org.uk/autumn-concert/Nutcracker-at-Royal-Opera-House>  
<https://www.roh.org.uk/tickets-and-events/the-nutcracker-by-peter-wright-details>  
Christmas Carols at the Royal Albert Hall  
<https://www.royalalberthall.com/tickets/events/2023/carols-at-the-royal-albert-hall/>



### Resources

Nutrition and eye health edited by the Macular Society  
<file:///C:/Users/mss1mt/Downloads/nutrition-ms020-2021.pdf>



### **1.What is your favourite time of the year and why?**

I love spring and summer. I can go to the bluebell field, the rapeseed flower field, the poppy flower field, the lavender field, the sunflower field and so on with my family and take colourful pictures for my daughter.

### **2.Any personal reflections from last year you would like to share (you mentioned that you are happy to share about your health re challenges)**

I greatly appreciate the care from all my SHTM colleagues. I have had eye problems and received a series of treatments and was on sick leave. My current vision is stabilised thankfully, although still a little weak and distorted. Some tips for eye care: Take regular breaks using the “20-20-20” rule: every 20 minutes, shift your eyes to look at an object at least 20 feet away, for at least 20 seconds. Go to opticians more frequently to detect any eye health issues earlier. Exercise ~30 minutes a day, even walking, can promote healthy blood vessels in the eye, according to research. I am also sharing the nutrition information for eye health.

### **3.A memorable student experience**

I was dining at March Hare last weekend and the manager talked to me. He said I was teaching him Strategic HRM 3 years ago! I am so glad that our students are able to find decent and happy jobs to work for.

### **4.If you were stuck on a remote island with 3 famous people, who would they be and why**

Gordon Ramsay: so that he could cook for me 🍳

Yuja Wang: so that she could entertain me with great music 🎹

Arnold Alois Schwarzenegger: so that he could protect me from the dangerous animals 🦷

### **5.If you could go back in time, what degree would you study, why?**

Perhaps Piano Performance degree as a major and a hospitality or HR management degree as a minor.

### **6.What painting best describes you?**

Three musicians by Picasso. Check it out at [https://en.wikipedia.org/wiki/Three\\_Musicians](https://en.wikipedia.org/wiki/Three_Musicians)

### **7.Tomorrow is .....Better.**

Christmas countdown begins with the lovely Xu family

