



Tips

Anima Sana In Corpore Sano
(Latin for: A sound mind in a
sound body).



Actions

Run/Walk a 5k and support any charity you
feel close to. I have run to support Marie
Curie (<https://www.mariecurie.org.uk>), the
UK's leading end of life charity and next time
plan to support the Alzheimer's Society
(<https://www.alzheimers.org.uk>).



Events

Join a Christmas carols session at St Paul's
Cathedral
(<https://www.stpauls.co.uk/christmas>).



Resources

·Laughing can make life a bit better, so
watch a Trevor Noah show and let him know
how well (or not) he imitates your accent
e.g. [https://www.youtube.com/watch?
v=yWI61kpFEAA](https://www.youtube.com/watch?v=yWI61kpFEAA)

SHTM Wellbeing Monthly



Dr Nikolas Thomopolous

1. Something about yourself that most people don't know

I have run two marathons.

2. What inspires you to your research interests

Their applied nature and the opportunity to improve the way we all travel around the world, particularly for vulnerable people.

3. If you could have any superhero skills, what would you like

Stay underwater for a long time to explore sea-life in the oceans.

4. What's your favorite place in London around Christmas

Somerset House is one of my favourite places in London and the ice-rink during the festive season is an added plus. This year there is a collaboration with Switzerland Tourism, so anyone can give it a go even if one has not tried it before.

5. Your recommendations for a Greek menu for the festive season

Easter is a better festival to experience in Greece due to the spring weather. A Christmas meal has all the usual goodies and stuffed cabbage rolls (Lahanodolma) with bechamel is a favourite. Melomakarona (honey cookies) is a Christmas period dessert, but I struggle to have only one...a day. (<https://www.youtube.com/watch?v=9USSwLV5WDg>).

6. Any mantras or words of wisdom that changed your life

When in Rome do as the Romans do.

7. Any New Year resolutions you can share with us

Run the Athens Marathon.

