

January 2024



### Tips

Beat the winter blues:  
<https://www.nhsinform.scot/healthy-living/mental-wellbeing/low-mood-and-depression/beating-the-winter-blues/>



### Actions

Start the year on a positive note:  
<https://actionforhappiness.org/calendar>



### Events

Music concerts by candlelight:  
<https://candlelightexperience.com/united-kingdom/>



### Resources

Seasonal cooking:  
<https://www.bbcgoodfood.com/recipes/collection/january-recipes>

# SHTM Wellbeing Monthly



## Prof Iis Tussyadiah

### 1. What is your favorite place in campus?

The lake and my office 😊

### 2. Your typical weekend...

I spend one day going out to London for a play/concert or to have lunch/dinner with people, and another day at home to recharge. I am a creative type, I like making things: writing, drawing, designing, etc. – otherwise just tidying up and watering my plants (it's therapeutic).

### 3. What does SHTM mean for you?

Both a creative canvas and an inspiration.

### 4. If you could have any superhero skills, what would you like?

My favorite superhero is Batman precisely because he does not have a superpower. He became a superhero by leveraging [human] skills, resources, and technology.

### 5. If you were not an academic, what would you be?

A designer or a florist.

### 6. If you could time travel, where would you go and why?

I am always curious about the future, so I would like to travel at least 2 generations forward. I hate surprises.

### 7. What do you wish from 2024?

I'd like to quote one of my favorite writers, Neil Gaiman: 'May your coming year be filled with magic and dreams and good madness. [...] And I hope, somewhere in the next year, you surprise yourself.' I wish for bravery and joy.





**Wellbeing at SHTM with Prof Iis Tussyadiah**