

March 2024



Tips

I would highly recommend the weekend market on North Street.



Actions

<https://unseentours.org.uk/>



Events

<https://affordableartfair.com/fairs/london-battersea-spring/>



Resources

<https://reportandsupport.surrey.ac.uk/support/what-support-is-available-if-im-worried-about-someones-mental-health-and-wellbeing>

SHTM Wellbeing Monthly



Wellbeing with Prof Emily MA

What is your typical weekend like?

The weekend is always challenging, with two kids (with a big age-gap, so hard to find activities that suit both of them). On Saturday mornings, my 3-year-old would go to a football class and my 11-year-old would go kayaking. While waiting for my elder one to finish his Kayak lesson, I will bring the little one to the town centre, and enjoy a babyccino.

The most inspirational woman you have met

Professor Marie Wilson, who is now working at the University of South Australia. She is an amazing leader and a working mother of two kids. She is a great mentor and dedicated to supporting early career researchers.

What's your advise to improve wellbeing in life

I think it is really important to love ourselves. Devote to ourselves some time and just for us. It might just be a couple of minutes to enjoy a cup of coffee/tea, do some exercises, and enjoy your hobbies (I love painting and want to find more time to do it, and recently I was able to build my Chinese calligraphy practices in my daily routine). Stressful times occur in life, and I would suggest not to over-think of the challenges. Just focus on the moment, and practice mindfulness. I do have a great book to recommend *The miracle of mindfulness* by Thick Nhat Hanh.

If you were to change careers, what would you do?

I probably will be an Airbnb/café owner and practice my painting skills.

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

Time travel.



Prof Emily MA with Edward and Ethan

Can you share a joke or a funny story

When Ethan (my little one) was about 6 months old, he saw his elder brother Edward playing violin for the 1st time. Ethan got so excited, he started to put his arm back and forth in front of his mouth and imitate the motion and sound of the violin 😊 When we were in Massachusetts, and Ethan was barely able to stand, after a big snowstorm, Ethan was able to stand alone by himself with the support of the snow 😊

How would your children describe you

Haha.....I think I need to ask them. From what I remember, my elder son said tiny and light, because he can now easily lift me. My little one likes to say: I like you Mummy and hope he continues that perception.