



Resources

The Happiness Lab with Dr. Laurie Santos has some interesting podcasts on the science of happiness



Actions

Support student mental health
<https://www.studentminds.org.uk/>



Tips

Learn to say no (nicely)!



Events

Explore Shakespeare's Globe in London
<https://www.shakespearesglobe.com/>

SHTM Wellbeing Monthly





Prof Anita Eves- 'An Annual pilgrimage to Twickenham with the family to watch Harlequins – we've been doing it for 15 years!'

- **The most surreal (or craziest) experience you have ever had?** That was a recent one: having been abandoned in Schiphol by Easyjet in the middle of the night, I stayed the night with a lovely Irish man! We'd been chatting in the queue to board the (subsequently cancelled) flight and having established that hotels were not accepting anyone in the middle of the night he offered me a bed for the night. Trust on both sides – we could both have been axe-murderers – and I do watch a lot of murder mysteries.... The next day we went to have a look around a local town, I bought him breakfast, and then he took me back to the airport! Such a wonderful example of hospitality!
- **What makes you annoyed/exasperated the most?** Unfairness – whether targeted at me or (particularly) at others, something that has rubbed off on my kids.
- **What's your guilty pleasure?** That would have to be a sneaky Sudoku!
- **If you were not an academic, what would you be?** Almost certainly a chef – my happy place is in the kitchen! My husband says I'm a feeder, so why not exercise that (I think very positive) trait in a restaurant?
- **If you could invite any three famous people to lunch (dead or alive) who would you choose and what would you cook?** Giles Brandreth – he's hilarious and always has something to say; Donny Osmond – my teenage crush; Jo Brand – I love her wry sense of humour. What to cook – probably something Indian; samosas to start, biriani and then (just because I love it) summer pudding with lightly whipped cream. I'm hoping Giles will bring some lovely wine!
- **Life is.....** Caring for people and supporting them; you might need their help one day – I guess the old adage – treat people on the way up as you'd like to be treated on the way down.