



Events

G Live Events
<https://trafalgartickets.com/g-live-guildford/en-GB>



Actions

<https://stories.surrey.ac.uk/employee-assistance-programme-bhsf-rise/index.html>

SHTM Wellbeing Monthly



Tips

Look after your family and friends, they will be the only ones to mourn you. .



Resources

Higher Education Mental Health Network
<https://www.umhan.com/pages/about>



Wellbeing with Prof Nigel Morgan

What does wellbeing mean for you?

Being comfortable, healthy and above all, happy. I guess wellbeing is being contented, fulfilled and satisfied with your life.

What is your day to day working life like

No day is completely the same. When I'm teaching, which is usually three days a week it is pretty full on and can begin at 4.30am if I'm driving up that day from Cardiff. Working days at home are usually filled with online meetings, with research squeezed into vacations and usually early Sunday mornings. Not good for one's wellbeing. Looking forward to more relaxed Sunday mornings in future!

What do you wish you had known before you started your academic career?

Maybe just how political it is. Once you are competent at your job everything else is politics.

Any books or people who have really inspired you

There have been so many books and people who have inspired me along the way in my career. Everyone from my first boss at Sport Wales back in 1989 onto today. If I had to pick one person it would be my history teacher Hilary Hancock in comprehensive school. He inspired my love of history and gave me amazing advice – pursue your passion.

Your most memorable research project or paper

A tricky one. Probably my first one back in 1995 – valuating vacation destination brochure imagery: the case of Welsh local authorities (Journal of Vacation Marketing) because it was the first one I ever submitted and thankfully got published!

The one thing in your field of study that excites you the most

The strength and depth of the next generation of scholars. So many bright and inspirational young people.



Your philosophy of life

I draw my philosophy from comedy. And Monty Python's advice was:

'Always look on the bright side of life.

Always look on the light side of life.

If life seems jolly rotten, there's something you've forgotten.

And that's to laugh and smile and dance and sing.'

Prof Morgan with Bumble, the best well-being buddy ever. In his words 'I highly recommend getting a dog, just ask Lori Hoy'.