Dr Caroline Edmonds—Secretary of the School of Clinical Medicine

What does wellbeing mean to you?
Wellbeing means being in a state where you have the energy to try new things and enjoy your favourite activities.

What do you do to support your own wellbeing?
I make sure I get enough sleep and have plenty of time in the fresh air at the weekends.

What piece of advice would you give staff to support their own wellbeing at work?
With apologies for sounding like everyone’s Mum, make sure you eat healthily and get enough sleep.

Is there anything else you wish to share about Wellbeing?
There isn’t a universal recipe that’s for everyone. You need to be in tune with what works for you and stick to it!