Professor Patrick Maxwell- Regius
What does wellbeing mean to you?

For me, wellbeing is a broad concept. It encompasses feeling that I am largely on top of what I need to get done, that I am feeling positive, and interacting well with people (work colleagues, family and friends). Importantly it includes feeling that I have some capacity in reserve – both to deal with the many unscheduled things that crop up, and to be adventurous.

What do you do to support your own wellbeing?

I’ve found it very helpful to be purposefully positive. There are many things I know I could do better. By nature, I have a tendency to ruminate on those; which just makes me miserable and depressed. Over time I’ve learned that I do better if I deliberately shift focus to positive contributions, and reassure myself that I really am doing the best I can. In a rather similar way, I find it uplifting to celebrate the good aspects of other people’s behaviours and characters, and rather corrosive for my wellbeing to focus on less positive characteristics!

What piece of advice would you give staff to support their own wellbeing at work?

First, put some thought, effort and time into looking after yourself. Second, try to be really generous and supportive in your interactions with colleagues, friends and family. It has the wonderful effect of making you feel good, and like a boomerang it also comes back to you.

Can you share any activities that you enjoy to support your wellbeing?

For me, outdoor activities – walking, jogging, sailing, cycling – are the best. But I do have to be a bit careful not to get completely exhausted.

Anything else you want to share about wellbeing.

Often, I have difficulty sleeping. This used to be seriously problematic. As the night went on, I’d worry increasingly about how tired I would be the next day, and a work problem would go round and round in my head without getting anywhere. Now I resolve not to worry about being awake, and not to ruminate. And even if I seem to have lain awake much of the night I feel quite refreshed in the morning.