



Interview with Academic Teachers

The following is a transcript of a brief video published in Module 5.2: Maintaining Your Wellbeing (<http://unistudentwellbeing.edu.au/your-wellbeing/maintaining/>). The video includes quotes from experienced academic educators about managing their own wellbeing. In some places, this transcript includes longer responses than included in the video. These extra comments were excluded from the video to avoid repetition but are included here for context. Interviewees are:

- Professor **Howard Nicholas (HN)**, School of Education, La Trobe University
- Professor Phil Batterham (PB), Bio21 Institute, the University of Melbourne
- Ms Margot Fenley (MF), Victorian College of the Arts, the University of Melbourne
- **Professor Ian Malkin (IM)**, Melbourne Law School, the University of Melbourne
- Professor **Sandra Kentish (SK)**, Chemical & Biomolecular Engineering, the University of Melbourne
- **Professor Kate Darian-Smith (KDS)**, Historical and Philosophical Studies, the University of Melbourne

How do you manage your own wellbeing?

- HN I guess my underlying strategy is that I never take anything too seriously. There is always something that you can laugh about.
- SK [Laughs] I'm not sure I have the answer to that one! It is that network of mentors, and colleagues that you can rely upon for advice, seeking advice, and then taking it on board. Also recognising when you've made mistakes and then moving on.
- HN If you can share that sense of "there are other ways of thinking about this, we don't have to be stuck in whatever we are at the moment" we can reflect on it and laugh at it then that helps enormously.
- SK I suppose the other thing is not working yourself too hard to a point of mental exhaustion, which many academics tend to do.
- KDS You do have to turn off, you do have to go home and turn off from work.
- IM I guess debriefing I suppose is really important to one's wellbeing. And then afterwards I guess trying to separate this part of one's life from the rest of your life, do some gardening (laughs) something like that, that's actually quite relaxing. Television's pretty good, I think mindless television does it on occasion.
- KDS I'm a great believer in holidays, and as head of department, and I say this to colleagues and to PhD students as well "look I really think you should take a really good break, don't pick up a book unless it's a novel, go away, have a good break, do something that is important for you and then that recharges you."
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