punto org
General editor Luigi Maria Sicca
69

Ilaria Boncori Tracey Loughran

HEALTH AND WELLBEING

The University of Essex Reader

foreword
Anthony Forster

Editoriale Scientifica
Napoli

All rights reserved

© Copyright 2020 by Editoriale Scientifica s.r.l.

Via San Biagio dei Librai, 39 - 80138 Napoli
www.editorialescientifica.com info@editorialescientifica.com

ISBN 978-88-9391-663-9

Contents

9 Foreword
Anthony Forster

11 Introduction
Ilaria Boncori and Tracey Loughran

Part 1

23 1. What the practice of Yoga Can Do for Academic Practice: Personal Reflections
Martyna Śliwa

41 2. Academic Labour, Athleticism and Wellbeing: An Alphabet of Reflections on Doctoral Study and Early Career Academia
Charlie V.L. Smith

63 3. Being 'Recovered' and Doing Research: The Challenges and Complexities of Using Autoethnography to Conduct Doctoral Research into Anorexia Nervosa
Lauren O'Connell

81 4. Mental Wellbeing in Higher Education: A Pedagogical Perspective and Manifesto
Abby Shovlin

101 5. Learning to Listen to Your Own Health and Wellbeing
Peter J. Martin and Edward M. Holt

119 6. Fifteen
Nileema Vaswani and Ilaria Boncori

Part 2

137 7. The Disability Wage Gap: Economic Literature, Theory and Measurement
Filippo Sinicato

153 8. Health and Welfare Decision-making in Mental Capacity Law
Jaime Lindsey

169 9. Questioning the Patient Participation Imperative
Ewen Speed, Susan McPherson and Peter Beresford

187 10. The Need for Inter-professional Working Between Teachers, Health and Social Care Professionals
Francine Bailey

201 11. Utopia, Dystopia and Human Flourishing
Sean Seeger

217 *Index*

225 *punto org book series*

Foreword

Anthony Forster[*]

I am delighted to support the publication of the third volume in the University of Essex Inclusivity Reader series, which focuses on the important topics of health and wellbeing.

The University's mission is to deliver excellence in education and research, putting student success at the heart of everything we do – and supporting students to enable them to succeed irrespective of background. We know that creating a healthy and inclusive environment is key to enabling our students to fulfil their potential as individuals, to be active participants in their own educational experiences and to enjoy the transformational opportunities available to them at our University. This approach is equally important in supporting our staff, both directly and in enabling others to be the best they can be.

The focus of the Essex approach is to create an enabling environment: a healthy and supportive environment for all, that creates a sense of belonging, responsibility and a caring and sharing culture; the establishment of services based on partnership within the University and with the Students' Union and external agencies and organisations; diversity in the services we offer, ensuring services are tailored to individual need as far as possible; the development of services that are sustainable and scalable to safeguard quality and student benefit; and to manage risk effectively.

[*] Vice-Chancellor University of Essex.

We are keen to learn and what this volume underscores to me is the importance of understanding different evidence based perspectives and needs. This approach is vital to ensure that everyone is supported in their transformational journey of living, learning and working in our community.