1. **What does wellness/well-being mean to you?**
   Approximating a balance of intellectual, physical, psychological, social and romantic health.

2. **Do you have any advice for people wanting to live a healthier lifestyle?**
   Don’t give up — there is no such thing as perfect.

3. **How do you maintain a healthy lifestyle despite the long work hours?**
   I try to purposefully dedicate some time to these domains on a regular basis. In particular, I try to do some exercise every day.

4. **What health goal(s) are you currently working toward?**
   I am not particularly goal-oriented in this regard. For me, it is more about the process.

5. **What are a few of your practices to help you fall asleep and stay asleep?**
   Usually I am very tired and this is not a major issue for me. However, I almost always read something, from a physical book, that is unrelated to science or medicine — although, I occasionally violate this rule.

6. **What are you doing to help manage your stress during the pandemic?**
   I am trying harder to take joy in quotidian moments and activities that would normally not engage my attention.

7. **Do you have any favorite self-care routines to help you navigate these tough times?**
   Mostly my routine is the same as pre-COVID-19 but without travel, work-related dinners or wearing a suit and tie. The absence of these has provided a welcome bit of extra time.

8. **What advice do you have for people trying to manage their overall well-being during a pandemic?**
   Everyone’s situation is different, and many people — particularly those with young children, those who are single parents, single people, or people with particular medical or psychiatric illnesses, and those with employment and/or food insecurity — have a much harder challenge than me. Thus, I am hesitant to provide generic advice. However, taking some time for oneself, however short, is likely to be beneficial.

9. **What kinds of physical exercise and activities do you participate in?**
   Normally, I love to swim, run, work out at a gym and ski. However, I injured my foot running excessively early in the pandemic, and our neighborhood pool is now closed. I am using a stationary bicycle and a workout app.

10. **What is your daily exercise routine?**
    Stationary bicycle, strength workout, urban hiking or occasionally yoga.

11. **What stress reduction techniques do you use to decompress from a busy day?**
    Mostly exercise and questing after balance. Sometimes I use brief periods of meditation.

Next Ask the Expert August 12.
Our Ask the Expert session will take a summer break on August 5. We encourage you to take time out for your own rest and relaxation this summer! Ask the Expert will resume on August 12. We look forward to seeing you there!