

Mad Hearts: The Arts and Mental Health Masked/Unmasked

10-11 June 2022 - Queen Mary University of London



Overview

Friday 10 June - Onsite Events take place in ArtsOne & ArtsTwo (map)	Saturday 11 June - Online Events take place on Zoom meeting here
09:00-09:30 Registration - ArtsOne Building Foyer 09:30 Introduction - ArtsTwo Film and Drama Studio 09:45 -11:15 Performing the self Performances from MSc Creative Arts and Mental Health artists 11:15 – 11:45 Coffee break - ArtsOne Building Foyer	9.30- 10.20 Artist's Keynote: Dolly Sen - Birdsong from Inobservable Worlds Live captioning 10:25-10:40 – Introductions in Small groups 10:45- 12:00 Parallel panels - Choose 1 Live captioning • Autistic unmasking and performing Beingness - In the main room • Bridget Escolme in conversation with Det Ferösche Compagnie (DFC): The Castle of Happiness - Separate Zoom link for this session: https://qmul-ac-uk.zoom.us/j/87474945156?pwd=MUo0Y0lSS0JiRkRkTVdUcDJDMWFPOQT09
11:45 – 13:00 - Choose 1 • Creative Enquiry Activity with Louise Younie - RR2 ArtsOne • Discussion forum using the long table format (created by Professor Lois Weaver) – chaired by Professor Bridget Escolme - Film and Drama Studio, ArtsTwo	12.00-12.40 - Discussion 12:40-13:30- Lunch break 13:30-14:10 Maria Grazia Turri – sketch for a manifesto for the arts and mental health Live captioning
14:00-14:50 NHS Yarns by Theatre Témoign – performances - Pinter Studio ArtsOne Building 14:50 – 15:05 - Break 15:05 – 16:15 - Discussion Panel inspired by NHS Yarns– Chaired by Dr Louise Younie Pinter Studio ArtsOne Building	14:15-15:30 - Parallel panels - Choose 1 - Breakout Rooms Live captioning • Phakama: THE LORE - The Language Of Resilient Expression • Masking and masculinity: Panel discussion with Kay Rufai, Fredi Beard and Isaac Ouru-Gnao, chaired by Bridget Escolme 15:30-15:45 Grab a cup of coffee 15:45-16:30 3 Creative enquiry presentations and all group activity - See the entries: https://bit.ly/mhcreativeenquiry 16:40-17:30 - Discussion and close

Please see the rest of this brochure for more information about each session

Thanks to all our funders, partners, participants and attendees including:

Arts and Culture at Queen Mary - <https://www.qmul.ac.uk/artsandculture/>

Wolfson Institute of Population Health - <https://www.qmul.ac.uk/wiph/>

Department of Drama - <https://www.qmul.ac.uk/sed/drama/>

Centre for the History of Emotions - <https://projects.history.qmul.ac.uk/emotions/>

Thanks to our partners

Arts and Culture

Drama Department

Centre for the History of the Emotions

Wolfson Institute of Population Health



Organising committee: Rupert Dannreuther, Bridget Escolme, Louise Younie,

Sumita Majumdar and Maria Grazia Turri

Day 1 – On Site

09:00-09:30 Registration - Foyer, ArtsOne

09:30-09:45 Welcome and Introduction

Film and Drama Studio – ArtsTwo

09:45-11:15 MSc Creative Arts and Mental Health artists: Performing the self

Film and Drama Studio, Arts Two

Artists from the *Independent Practical Project* module present 4 autobiographical performances exploring the healing role of body, spirituality and caring

Isaac Ouru-Gnao

#BlackBoyJoyGone

#BlackBoyJoyGone (#BBJG) is a BFI Doc Society funded hybrid documentary by and for black men on mental health, sexual trauma and finding strength through brotherhood. Directed by Ashley Karrell & Isaac Orou-Gnao Blending interviews, poetry, dance and storytelling, it captures the lives, realities, and the hopeful perspectives of men in the North, the Midlands and London in the United Kingdom.

The individual and collective accounts inform the narratives with the addition of layers of imagery, poetry, and dance. The dance sequences draw from Hip Hop, Popping, Waving, and West African & western Contemporary techniques.

Working collaboratively with mental health organisations and individuals in the UK, including Mind charity, The Survivors Trust and Black mental health professionals, this project has reached out far and wide, to amplify the voices of Black men who are often marginalised and underrepresented in accessing support and wellbeing services.

The title ties in with the celebration of Black men through the Black boy joy motif. It is a play on how we're never 'too far gone' if we seek the right help.

Viviana Ramirez Loaiza

Between Petals and Leaves

What roles do Geography and Spirituality play in my healing pathway as a Southern international mestizo woman student living in the UK? This performance, visual pieces, and poems are part of my healing journey using petals and leaves. Petals and leaves also act as a metaphor for hearts; the poems' hearts, the audience's hearts, and the heart of the vital energy, The Love Ethic, whereby the geopolitical boundaries are simultaneously real and fictional. The colonial trauma reminds us of painful borders –it is embedded in our mental health struggles-. The sacred medicine reminds us of the universal interdependency between nature, the universe, and human beings –the collective healing response-. Finally, I honour my grandmother's name signing the poems under the pseudonym Anita.

Trigger warnings: partial nudity and references to armed conflict

Bill Duffy

The Night in Question

An autobiographical piece about confronting painful memories concerning guilt. The artist uses an event from their life in which they were in a mental health crisis supported by recorded testimony from those involved in it. By using this testimony in the form of a soundscape and the artists body, they provide an acknowledgment of the importance of support networks and the emotional toll taken on by those who support somebody with a mental illness. The piece asks how responsible are support networks for the safety and wellbeing of individuals with mental illness? Can personal narratives told through art enable more informed support of individuals with mental illness?

Trigger warnings: Nudity and verbal references to self-harm.

Josh Lowes

Looking Down at Myself

This performance explores the use of body image through the reflection of oneself. We all look in the mirror; what questions, thoughts and/or feelings appear when we do this for a prolonged period of time. The use of silence is key - there is so much to be said without being spoken. You can learn something from the simplest of movement, the slightest change in facial expression, the smallest intake of breath. You, as an audience member, are being allowed to enter a world not usually seen. Something private, something

personal. Within the performance, the performer looks down at themselves both literally and metaphorically and the spectator is invited to join the performer on a journey of identity and self-acceptance. The truest self is hidden beneath the charades of societal existence and identifications. It is only when the physical costume is removed that the most important costume of all is revealed: the naked Self.

Trigger warnings: nudity

11:15-11:45 - Coffee break, Foyer, ArtsOne

11:45-13:00 Choice between

A.Creative Enquiry Activity with Louise Younie

RR2, ArtsOne

Creative enquiry is exploring lived experience through the arts. In this session I will share a few thoughts and ideas around the metaphors of flourishing through the seasons we live through and how they are captured in the archetype of the tree. You will be invited to choose an image of a tree that you resonate with and to explore indoors or outside your own tree of lived experience through doodles, sketches, words, a few lines, haikus, poems, gathered materials. There will be opportunity to share in small groups, what the process of thinking with trees was like, with the option of sharing any of your scribbles and creations and what they meant to you only if you want to. We will conclude with some large group thinking around what has stood out.

B. Discussion forum using the long table format (created by Lois Weaver) – chaired by Bridget Escolme

FADS Arts Two

Join a discussion forum taking inspiration from the performances, the topic of the conference and your own experience and interest.

For a description of the long table approach, please see here:

<http://www.split-britches.com/long-table>

13.00 – 14.00 Lunch break – (Foyer) and Art Exhibition (RR2)

14.00 – 14.50 NHS Yarns by Theatre Témoïn – performances

Pinter- Arts One

Belle's husband demands that she strip on their doorstep, Sara's iPhone has become a facilitator of final goodbyes, and Azrael—ethereal chaperone to the afterlife—arrives breathless and late to every appointment.

The critically acclaimed Témoïn ensemble bring their signature visual style to a collage of new plays from some of the UK's most exciting new playwrights, weaving a beautiful and eye-opening evening of theatre.

NHS Yarns has been created by a diverse team of professional playwrights and key workers, who have collaborated to imagine new ways of sharing the most vivid and important stories from the front lines of the pandemic. The project is supported by Arts Council England and has been created in collaboration with the North East London Foundation Trust and The Mercury Theatre. The piece will be touring hospitals this year in partnership with the Birmingham and Solihull NHS Trust.

Show info: <https://www.theatretemoin.com/uk-theatre/nhs-yarns>

Theatre Témoïn is an award winning South East physical theatre company with a fantastical aesthetic and socially engaged ethos.

www.theatretemoin.com

14:50-15:05 Break

15:05-16:15 Discussion Panel inspired by NHS Yarns– With Riya George, Vivienne Mesias and Funmilola Ilo

Chaired by Louise Younie

Pinter ArtsOne

Day 2 - Online

Zoom Link to join:

<https://qmul-ac-uk.zoom.us/j/83809056324?pwd=SERjSnhwVDNnRmRlVklKY2tBR2ZtUT09>

9.30- 10.20 Artist's Keynote: Dolly Sen - Birdsong from Inobservable Worlds

Dolly is going to talk about when is psychiatry going to unmask the beauty of mad people or dispense with the masks that privilege them and shame hurt people. She will also talk about her current project: *Birdsong from Inobservable Worlds*, part of which publishes the stories of fellow survivors and how that was the first time they felt they could tell the truth.

www.dollysen.com

10:25-10:40 – Introductions in Small groups - grab a cup of coffee

10:45- 12:00 Parallel panels - Choose 1

Autistic unmasking and performing Beingness

Sumita (arts-expresser / autistic researcher) invites Dr Dawn-joy Leong (multi-arts practitioner, autistic researcher, 'Clement Space' and 'Scheherazade's Sea' creator) and Dr Mary Doherty (anaesthetist, autistic advocate, founder of 'Autistic Doctors International' & 'Autistic Med Students'), to a panel-space on autistic unmasking and performing Beingness. They will share thoughts about joyful autistic unmasking, permission to Be, and performance of the selves - in and outside of arts-spaces - and will explore how arts-engagement could contribute to workplaces, education and society-spaces becoming safer places to autistically Be / belong in.

Bridget Escolme in conversation with Det Ferösche Compagnie (DFC): The Castle of Happiness

Zoom link:

<https://qmul-ac-uk.zoom.us/j/87474945156?pwd=MUo0Y0lSS0JiRkRkTVdUcDJDMWFPQT09>

What makes a person living with a mental illness, growing up in a small village where being an artist is seen as being-of-no-use, create out of trash one of the greatest masterpieces ever to be made in the history of Faroese art? And what causes the same

work of art to be burnt down by villagers after the tragic death of the artist, causing him to be erased from that same history?

Bui Egason, artistic director of Det Feröische Compagnie (DFC), Faroe Islands, and one of the actors from their current production, *Lykkenborg (The Castle of Happiness)*, talk to QMUL Drama's Bridget Escolme about their current production of *Lykkenborg (The Castle of Happiness)*. *Lykkenborg* tells the story of artist Pól Jóhannus, his treatment by the mental health services, his extraordinary art installation, and the erasure of his work by his own community. The piece raises issues around mental health, creativity, discrimination, eugenics, nature and the environment, colonialism and war. The panel includes images from the production and a discussion of Pól Jóhannus's place in the controversial history of 'outsider art'.

12:00-12:40 - Discussion

12:40-13:30- Lunch break

13:30-14:10 Maria Grazia Turri – sketch for a manifesto for the arts and mental health

In this short presentation I will sketch a manifesto for how the arts can and must contribute to the radical reform of the current paradigm in mental health, which is 'biomedical' in a reductionist sense, because we fail to acknowledge that biology is ecology (and hence social systems are biological) and medicine is care (and hence artists who provide care operate in the realm of medicine).

In the talk, I will make reference to my [*Letter to a mental health patient from a psychiatrist turned humble*](#) and the audio-story [*Futuring Mental Health*](#)

14:15-15:30 - Parallel panels - Choose 1

Phakama: THE LORE - The Language Of Resilient Expression

Workshop and discussion with Charlie Folorunsho, Radhika Goswami and Lima Das, chaired by Sarah Sayeed

An Interactive, conversational online dashboard creative workshop, addressing the thoughts and feelings of how people dealt with the pandemic lockdown through illustration and poetry.

<https://www.projectphakama.org/projects>

Masking and masculinity

Panel discussion with Kay Rufai, Fredi Beard and Isaac Ouru-Gnao, chaired by Bridget Escolme.

3.30-3.45 Grab a cup of coffee

15:45-16:30 3 Creative enquiry presentations AND all group activity

See the entries: <https://bit.ly/mhcreativeenquiry>

16:40-17:30 - Discussion and close

Contributors' biographies

Ailin Conant is a Japanese-American director and founding AD of Theatre Témoin. She has worked freelance for various UK companies including The RSC, The Bush Theatre, New Earth, Theatre503, and The Derry Playhouse. She has also created work with survivors of conflict and trauma in the UK as well as Gaza, Lebanon, Rwanda, Kashmir, Israel, Sweden, and the USA. She is a twice recipient of the Wellcome Trust People Award and is currently completing a Practice as Research PhD at East 15, University of Essex.

Bill Duffy is a musician and Live artist based in London. They have worked in bands, theatre companies as well as creating their own performance artwork. They have a background in care work and youth work as well as lived experience of mental illness. They also draw on their background growing up with a sibling on the autism spectrum. Their work uses sound and the body to create spaces of confrontation with the self, using personal experience to produce transformative visual metaphors for these experiences. Themes explored in their work include; memory, self-harm, religion, suicide, language, and queer identity. They have shown work in the UK and performed in collaborative works in Spain and Portugal.

[Bridget Escolme](#) is Professor of Theatre and Performance in the Department of Drama, QMUL, where she teaches and researches performance history, historical theatre in contemporary performance, theatrical representations of mental health, theatrical histories of emotion, and costume history. She co-convenes the MSc in Creative Arts and Mental Health with Maria Turri. Her publications include *Talking to the Audience: Shakespeare, Performance, Self* (Routledge 2005); *Emotional Excess on the Shakespearean Stage* (Bloomsbury, Arden Shakespeare: 2014) and *Shakespeare and Costume in Practice* (Palgrave, 2020). She is currently collaborating with Maria Turri on *Laughter, Power and the Unconscious* (to be published by Routledge), an exploration inspired by their Research in Action event on early modern laughter and power relations at Shakespeare's Globe.

Búi Egason is Director and Actor at Det Feröische Compagnie (DFC). All the core members of DFC come from The Faroe Islands but have studied abroad and worked internationally. Founded in 2010, DFC strives to create innovative and experimental performing art which is radical yet accessible. International connections, exchanges and collaborations are the company's priorities, as well as to re-invent, challenge and question the Faroese art scene. Creative drive and artistic inspiration are DFC's main motivation. Research and devising are vital parts of the working process. The company works collectively which means that every member is part of the whole process, from research to the creative outcome. Every component involved in the work has an equally important role whether it is music, acting, dance, or set design.

Charlie Folorunsho studied Community Theatre Arts at Rose Bruford. He's worked on all forms of theatre and with a variety of people in the UK and abroad, such as theatre in education, locally based projects, and site specific and immersive theatre with music. He's a workshop facilitator and an NHS medical role-player, and in addition to his theatre background, he has also played in three bands.

Dawn-joy Leong (she/they) is a multidisciplinary artist and researcher (PhD UNSW - autism, neurodiversity and multi-art praxis; MPhil HKU - music composition) whose work investigating elemental empathic resonance (Clement Space) and multi-medium autobiographical fantasia (Scheherazade's Sea) has travelled across Australia, Hong Kong, South Korea, U.K. and Singapore.

Dolly Sen has a brain of ill-repute. Because of this, she is an internationally renowned writer, filmmaker, artist and troublemaker. She is a working class, Brown, Queer person who is interested in the disability and madness given to us by the world.

Funmilola Ilo is a current student of Queen Mary university of London; studying Mental Health and Psychological Therapies. She is a certified fertility counsellor, before now she practised as a counsellor in Nigeria as an infertility counsellor helping families and individuals explore, understand and resolve issues arising from infertility with all the treatment options available to them.

Fredi Beard is an Applied Theatre graduate from The Royal Central School of Speech and Drama, and a recent graduate of the MSc in Creative Arts and Mental Health at Queen Mary University. He is a performer, writer, facilitator and educator. His interests lie in masculinity & mental health, boarding school syndrome and mindfulness. He is a co-founder and the Finance & Administration Director at Voicebox. Theatre CIC. Voicebox is an arts-based educational workshop provider specialising in the promotion of healthy masculinity and gender equality. Our interactive workshops are available to 11-18 year olds and cover topics such as: Relationships, Mental Health, & Violence Against Women and Girls. We challenge the unhealthy aspects of masculinity (e.g. to be a “real man” is to restrict emotions, be violent, dominate others, heterosexual, not be feminine, and not seek help) and promote healthier forms of masculinity (e.g. to be self-aware, authentic, emotionally open, respectful of personal boundaries, & be committed to personal growth) in its place. All of our workshops promote a message of unity, understanding, and empowerment.

Isaac Ouro-Gnao is a Togolese-British dance and writing-based multidisciplinary artist, and freelance journalist. He creates empathetic and thought-provoking work rooted in magical realism and Africanfuturism with a focus on themes of childhood, memory, and mental health. His impact in the hip hop theatre and contemporary dance world has been multifaceted; working as a performer, voice artist, scriptwriter, and marketer for esteemed dance theatre artists and companies. His writing has appeared in the form of features, reviews, and poetry in publications such as Lolwe, The Stage, RAD's Dance Gazette, BlackInk, Poetry Birmingham Literary Journal, and more. Isaac is a member of Body Politic's board of directors, is a mental health advocate through Mind charity's Young Black Men steering group, and is studying a Master's in Creative Arts and Mental Health to better his practice.

Josh Lowes is a 21 year old performer, soon to be 22. Originally from Newcastle, he studied Drama at Queen Mary and decided to continue his postgraduate studies by completing the Creative Arts and Mental Health MSc course. Combining two areas which he is both interested in and passionate about. His interests surround combining self and identity in performance, creating work that is personal, explorative and expressive.

Kay Rufai is a Photographer, Poet, Filmmaker, Author, Mental Health researcher and founder of the internationally acclaimed S.M.I.L.E-ing Boys projects. He is currently the first Artist in residence for West Midlands Police Artist as part of Coventry City of Culture, using creative arts to improve relationships between police and marginalised young people. His work spans the past 8 years in a handful of countries including the UK, USA, Ethiopia, Bhutan, Germany, Scandinavia, Mexico, Nigeria and Colombia. His work explores themes of masculinity, identity, mental health, serious youth violence and community cohesion through art, photography, educational workshops, residencies, training and public events. A great deal of his work has directly engaged diverse communities, young people in custody, at-risk youth, refugee and

displaced groups of people as well as collaboratively creating bodies of work with them. He has received numerous accolades for his research-led series of workshops and exhibitions across the country. The award winning project has featured in the Guardian, Channel 5 news, The voice, & the BBC.

Lima Das is an Indian actress and Sattriya dancer from Guwahati Assam. She made her debut in films with the critically acclaimed Assamese film 'Aamis' which premiered at the Tribeca Film Festival, NYC. She also received the best actress award for her role in Aamis at the Singapore South Asian International Film Festival in 2019. Das is a performing artist of Sattriya Dance of Assam. She started her formal training in Sattriya in the year 2000 under Nrityacharya Jatin Goswami. She is also trained in Odissi under Srimati Sangeeta Hazarika disciple of Guru Gangadhar Pradhan. She is a graded artist of Sattriya and Odissi of Doordarshan Kendra Guwahati since 2001 and has performed Sattriya in most of the national and international festivals. Dr. Das received the India International Dance Festival Award for Sattriya in Bhubaneswar in October 2015 and was honored with the titles 'Laasya Nritya Bharati' at Chennai in April 2016 and 'Nrithya Vilasini' at Bhillai in May 2016. She is also trained in Sattriya music (Borgeet) and Hindustani Classical Music and holds a *Bachelor of Music* degree from Bhatkhandae Sangeet Vidyapeeth, Lucknow. Lima Das has also enthralled audiences with stage plays in both the Assamese and English languages. Dr. Das is also a Dental surgeon and is presently working as Reader at Regional Dental College, Guwahati, Assam.

[Louise Younie](#) is a GP and Clinical Reader in Medical Education at Queen Mary University of London where she leads on faculty development and innovation. She has extensive experience with [creative enquiry](#) methodologies in medical education for humanising medicine, practitioner development and [human flourishing](#). She is a Flourishing Fellow working across the whole of QMUL to explore co-creatively with students and staff, what it means to flourish.

[Maria Grazia Turri](#) is a Senior Lecturer at Queen Mary University of London and the co-director of the MSc Creative Arts and Mental Health. She worked as psychiatrist and psychotherapist for the NHS for 15 years. She is a member of the Critical Psychiatry Network. Maria advocates for reform of the dominant paradigm in contemporary psychiatry and believes that the arts are essential to research, education and practice in mental health. As a researcher in theatre studies, she writes about spectators' unconscious responses to performance. Her book *Acting, Spectating and the Unconscious* is published by Routledge.

Mary Doherty (she/her) is an autistic anaesthetist, and founder of peer support & advocacy groups "Autistic Doctors International" and "Autistic Med Students". She is an autism researcher focussing on healthcare and medical education. Her work centres around replacing the autism as tragedy narrative with a neurodiversity-affirmative approach.

Radhika Goswami is the Director of the Agora, The Space, an arts and culture facilitation centre in Guwahati, Assam, India. Her work entails the use of performance arts in conflict transformation which was underlined in her Master's thesis titled 'Intersection of Popular Culture and Protest Culture in Manipur'. Her first independent work 'Sentenced' was an experimental piece exploring the ideas of guilt and grief using mixed mediums received wide acclaims. Besides being a theatre practitioner, she has been associated with Institutes such as MIND India and TISS Guwahati as a facilitator.

Riya Elizabeth George, PhD SFHEA, is Reader/Associate Professor in Clinical Communication Skills and Diversity Education Director of the Association of the Study of Medical Education (ASME) Board of Management – WILEY Journals: The Clinical Teacher & Medical Education. Riya is a creative and

committed medical educationalist and academic, health psychologist working at Barts and The London School of Medicine and Dentistry. Riya has extensive and varied experience in leading innovations in how healthcare students and professionals can be taught diversity to ensure they deliver high quality care to a range of patients and understand how their own perspectives may influence the care they provide. Riya also has a wide range of experience teaching communication skills and is a strong advocate for faculty development and involving patient educators in teaching clinical communication skills. Riya continues to be interested and inspired by diversity and clinical communication issues in healthcare and passionate about promoting quality and excellence of teaching in medical education.

[Rupert Dannreuther](#) is an arts marketing manager and events producer working at Queen Mary University of London, Wilton's Music Hall and freelance. He also runs a London things to do guide called To Do List.

Sarah Sayeed joined Phakama in 2020 as Creative Director. She has always believed that the possibilities for theatre have always been infinite and it has always been a huge part of my life, from her early days as an MC and Singer to her more recent years as a Composer and Musical Director. The industry has offered her a platform to create and express and she is passionate about bringing new opportunities to communities, artists and young people which give them that same sense of creative expression. Sarah is honoured to be part of the Phakama team, a theatre company which has a strong reputation in core philosophies of non-hierarchical and risk-taking theatre which everybody can be involved in.

Sumita Nandy Majumdar (she/they) is an arts-expresser ([Sumita Unjumbled](#) / IndoorGoblin), autistic researcher (MSc Creative Arts & Mental Health graduate - Queen Mary University of London), and co-writer / voice actor of CBeebies' show 'Pablo' (about an autistic child who uses an inner art-world to process and play).

Viviana Ramirez Loaiza is a postgraduate student in Creative Arts and Mental Health at QMUL. Driven by her passion for exploring places, listening to narratives, and creating art-based research methods collaboratively (e.g. community theatre, murals and storytelling), she has worked on action-research projects with survivors of the Colombian armed conflict and communities who cope with disaster-related risks (e.g. floods, volcano eruption, earthquake). She took part in a four-month fellowship at the University of East Anglia in 2019 and is a Chevening Scholar 2021/2022.

Vivienne Mesias is Recovery Team Leader at Royal Free Hospital NHS Trust and plays Sara/Azrael in NHS Yarns. She is very passionate about everything that her job entails. Besides providing world class quality patient care, one of her top priorities is the wellbeing of every single individual in her team, and this extends to those who work closely with her from other departments. Effective leadership has always been one of the values that she wholeheartedly lives by. She always believes that for patients to receive best care, leaders must look after their team members the same way, if not more. Her team's achievements and career growth are milestones that would help her reach the pinnacle of her own. During the Covid pandemic, she was involved in the day-to-day operations of her unit, highly focusing on providing level 3 patient care. She's extended her support by volunteering as a faculty member at the Nightingale Hospital. The experience was an emotional roller-coaster but it has surely toughened her up and gained more resilience. When not in scrubs, she spends most of her time with friends. She enjoys socialising and meeting new people. She loves culture and history hence travelling is also a huge part of her.