



### Resources

June is the month of Pride  
<https://www.bigissue.com/news/social-justice/pride-month-everything-to-know/>



### Actions

Walks and treks through the summer  
<https://www.countryfile.com/go-outdoors/get-active/charity-walks-near-me/>



### Tips

Practicing mindfulness  
<https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/>



### Events

June is a wonderful time to explore open gardens around the country  
<https://findagarden.ngs.org.uk/>

# SHTM Wellbeing Monthly





Tony with his lovely wife

### **What's something most people don't know about you?**

My wife and I have three cats (Eric, Orca and Dexter) we also have a Tortoise called Rodney and Tarantula called Mantra! I have 28 tattoos! I am also a small business owner, Pointless Industries is my small workwear / fashion brand. We are on Facebook and Instagram @pointlessindustries finally I HATE melted cheese.

### **Your teenage celebrity crush?**

When I was a teenager, I had a crush on Sarah Michelle Gellar aka Buffy the vampire slayer!

### **Any advice on well-being that really works?**

- **Prioritize Sleep:** Establish a consistent sleep routine and go to bed and wake up at the same time every day.
- **Practice Gratitude:** Regularly express gratitude by focusing on the positive aspects of your life. express appreciation to others, or simply taking a moment to reflect on what you are grateful for.
- **Disconnect from Technology:** Take breaks from screens and digital devices. Engage in activities that allow you to unplug, such as spending time in nature.

### **A hidden gem in Guildford**

Sicool Food if you do not already know this café you are in for a treat! It is an independent Sicilian café in Guildford, tucked away on of the quaint cobblestone street. This enchanting café exudes an irresistible charm. In this hidden gem of a cafe, time seems to slow down, allowing visitors to savour their coffee, engage in meaningful conversations, or simply lose themselves in a good book. Give it a visit! Sicool Food – 1 The Shambles, Guildford High Street, GU1 3EX

### **If you had to be a single age for the rest of your life, which age would you choose and why?**

As Cheesy as it sounds, I would have to say 32 as that is the age at which I married my beautiful wife.

### **If you could act as any character in any movie, who would it be?**

I am a massive Lord of the Rings fan so I would have I would have to say Sauron, I know this may not seem a positive or desirable role however, Sauron possesses immense power and influence over his minions, Sauron is also Immortal and he also commands vast armies of Orcs, Nazgûl.