



### Resources

Small but achievable steps that can be taken to help you **switch off from work**:  
<https://www.bupa.co.uk/business/news-and-information/switching-off-after-working>



### Actions

Making a difference, **giving back to the community** at Surrey through volunteering:  
<https://www.surreyvolunteering.com/>



### Tips

Thinking of **digital detoxing**– some tips for getaways in the UK:  
<https://www.timeout.com/uk/things-to-do/best-digital-detox-destinations-in-the-uk>



### Events

**Easter activities, trails, and days out**, around England: <https://dayoutinengland.com/easter-days-out/>

# SHTM Wellbeing Monthly





### **What does SHTM mean for you?**

Why I came to the UK and why I am still here. Beyond a place of work? I would say a family and friends in the UK with whom I can grow and have fun together.

**Wellbeing at SHTM, Dr Bora Kim**

### **Something about yourself that most people don't know**

I love doing laundry and washing up. They are my self-healing activities/stress relievers (yes, I found research to back it up!). On a sunny day, folding up well-dried laundry is my simple yet definite source of happiness. Perhaps I love taking something that's dirty and making it clean and you can see the progress in real time. (I might end up opening a social laundromat sometime later in my life..)

### **What's your favourite place in Guildford and why?**

Stoke Park: I sometimes walk across the grass on my way to work & Barley Mow: a half-pub-half-Thai restaurant in West Horsley in Surrey is one of our favourites. This is one of the oldest buildings in Guildford, originally used as a coaching inn, providing lodging and refreshments for travellers passing through Guildford. We were surprised to find this Thai 'pub food' so good.

### **Your tips for getting through a hectic work week.**

One piece of the advice I was given (and am still working on) is to ensure that you schedule 'fun time' with equal importance as you schedule work. Also, set up a reward for yourself that you can look forward to, such as a delicious dinner after work, a weekend getaway, a massage or a visit to a nail salon, etc.

### **What do you do when you are not working?**

Watching Ted Lasso (or sometimes, K-drama) after work, shopping at the local farmers market, or restaurant hopping in London or outside Guildford.