



Resources

Calm & Headspace are some good wellbeing and mindfulness apps



Actions

Supporting families to go on holiday
<https://familyholidaycharity.org.uk/>



Tips

Try a summer digital detox challenge

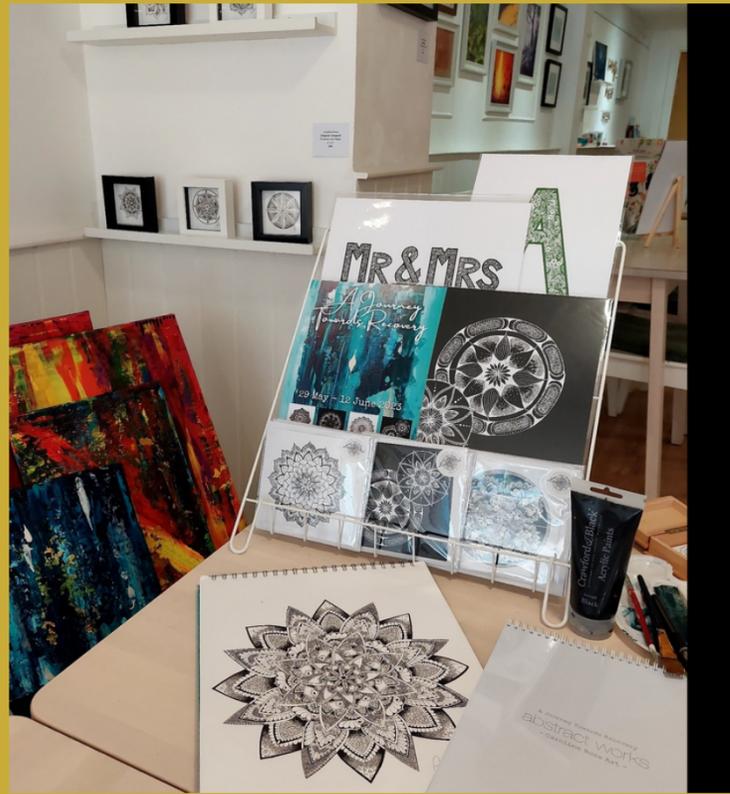


Events

How will you celebrate the World Emoji Day on July 17th

SHTM Wellbeing Monthly





Prof Caroline Scarles, her family, her art

Most inspirational person you have ever met?

I could go for someone famous and predictable, but the person that always comes to mind is my Granny. She moved to the mainland from a tiny island in the early 1930s, had to learn a new language and find her way in the world. Her determination, strength and support for others made her a real inspiration to me.

In your kids/partner's words what are you like?

Apparently, I'm inquisitive, kind, funny, amazing, fun and I can be a little too excitable! 😊

If you could have any superhero skills, what would you like

That's a hard one, but sitting here after a long day, the skill of teleportation would definitely come in handy!

Any mantras or words of wisdom that changed your life

Our family have a saying that is "what's for you, won't go by you", but I'm also inspired by the Serenity Prayer which is: grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Your secret getaway

Apart from my art studio in the garden, or swimming in Frensham Pond, my getaway outside of Surrey isn't really secret because I talk about it all the time and have photos in my office! For me, it's the Outer Hebrides in Scotland where my granny was born. Turquoise blue water, white sands and not many people there to share them with! Perfect!

SHTM for me is.....

All about opportunities, inspiration and ambition all with an amazing spirit of collegiality.