



Wellbeing

Links to help you maintain your wellbeing:

- Carers UK – Advice from about protecting your mental wellbeing
<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-mental-wellbeing>
- Mind have resources on their website to help you look after your mental wellbeing.
<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/>
- The NHS offers tips for staying maintaining your mental wellbeing when staying at home
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- Mental wellbeing audio guides
<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>
- Dealing with Stress – Mindfulness
The NHS has useful information and a number of apps are offering free content e.g. Headspace or Calm. Apps can be downloaded onto your smart phone via the |Apple Store or Google Play store.
<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>
- Tutorials available on YouTube to help you try a wide range of physical activities such as Yoga and Tai Chi. Many other organisations also offer free sessions or a free trail e.g. Glo
<https://www.glo.com/>
- Learn to dance in the comfort of your own home – many teachers and schools are streaming lessons (see links below)
<https://www.facebook.com/StepByStepDanceOnline/>
- Keep fit – the NHS website has a range of videos to help you build flexibility and keep fit at home. Videos are also available on YouTube and many exercise coaches and celebrities have made resources available online
<https://www.nhs.uk/conditions/nhs-fitness-studio/>
<https://www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos/>
- Learn ballet with Tamara Rojo - artistic director and lead principal dancer of the English National Ballet
https://www.facebook.com/EnglishNationalBallet/videos/1130797320594193/?so=_permalink&rv=_related_videos

- Tips on getting a good night's sleep
<https://www.nhs.uk/oneyou/every-mind-matters/sleep/>
- Tips to cope with anxiety
<https://www.nhs.uk/oneyou/every-mind-matters/anxiety/>