

Coronavirus – General Mental Health & Wellbeing Help

The following links provide excellent information and foundation on how to plan for staying at home and maintaining your mental health by keeping yourself occupied, dealing with stress and anxiety as well as tips on discussing the issues with your children and connecting with people.

<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<http://intranet.ms-intra.net/EHSSQ/Pages/Mental-wellbeing.aspx>

Mindfulness

This link to the NHS article provides a basic introduction to mindfulness as well as some links to other sites and videos on breathing techniques. Fitting mindfulness into your everyday life can be easy when you know how and can improve your mental wellbeing

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

There are other free to use applications available on the Google Play and Apple app store respectively that can be downloaded directly to your mobile phone. Popular apps include One Minute Mindfulness, Insight Timer, Aura, Calm, Relax and Breathe Relax to name but a few.