

# **RESILIENCE / WELLBEING:**

Article: [Coronavirus - How to protect your mental health](#)

Article: [Extreme loneliness or the perfect balance? How to work from home and stay healthy](#)

Article: [Working from home: How to avoid feeling isolated](#)

Article: [Self-care tips](#)

Article: [5 tips for staying productive and mentally healthy while working from home](#)

Online course: [Mindfulness Practices NHS list of mental health helplines](#)

TED Ideas article followed by TED Talk : [Feel like you're about to lose it? It could be a good time for a Meta-Moment](#)

Stress, resilience and mental health: <https://attendee.gotowebinar.com/recording/8778114213604399885>

Support and information around COVID-19: <https://attendee.gotowebinar.com/recording/5516651564046591756>

Employee Assistance programme <https://www2.worc.ac.uk/personnel/658.htm>

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

Support for carers <https://www.carersworcs.org.uk/event-s-calendar>

Mindfulness sessions <https://www.mindfulness-network.org/free-online-practice-sessions/>

## **Headspace Resources**

Mini meditation- <https://www.youtube.com/watch?v=ldFD-L-Csz0>

Meditation for sleeping (10 minutes)- <https://www.youtube.com/watch?v=soQJrB732xM>

<https://www.youtube.com/watch?v=9OHvPNatIBc>

Letting go of stress (10 minutes)- <https://www.youtube.com/watch?v=sG7DBA-mgFY>

Decompressing (10 minutes)- <https://www.youtube.com/watch?v=QHkXvPq2pQE>

Watch the thoughts- <https://www.youtube.com/watch?v=QHkXvPq2pQE>

Gentle stretching- [https://www.youtube.com/watch?v=hU\\_Nm3MaAo&t=0s](https://www.youtube.com/watch?v=hU_Nm3MaAo&t=0s)

30 days of Mindfulness- [https://assets.ctfassets.net/re0je2ce7cxi/2ybWaE6hMRO9Ssr7IJ3C1Z/51b29fbad1b60387e366269717f41933/30\\_Days\\_of\\_Mindfulness\\_Poster.pdf](https://assets.ctfassets.net/re0je2ce7cxi/2ybWaE6hMRO9Ssr7IJ3C1Z/51b29fbad1b60387e366269717f41933/30_Days_of_Mindfulness_Poster.pdf)

Working from home for teams- [https://cdn2.hubspot.net/hubfs/4137181/H4W\\_CV19\\_hrguide.pdf](https://cdn2.hubspot.net/hubfs/4137181/H4W_CV19_hrguide.pdf)

Working from homes for parents- [https://cdn2.hubspot.net/hubfs/4137181/CV19\\_parentingfromhome.pdf](https://cdn2.hubspot.net/hubfs/4137181/CV19_parentingfromhome.pdf)