

Activities and resources for adults

Mental well-being

<https://www.actionforhappiness.org/calendars> excellent website for ideas to positive mental well-being, including calendars for simple, daily actions to do as a family

For adults wanting to support their own resilience: <https://www.thehour.com/lifestyle/article/A-psychologist-s-science-based-tips-for-emotional-15135619.php>

Ways to look after your own mental health https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/?fbclid=IwAR3V_U4Fm8kBBxdrICAD0oo_6zpo9roRhgYhybTj7AQb2Q0IJIUpUb6WUFUQ

Simple tips and actions for self care <https://www.annafreud.org/selfcare/>

From Adams Psychology Service <http://www.adamspsychologyservices.co.uk/coronavirus.html> This has been written for any individuals or families having to self-isolate, or those engaging in social distancing (which is hopefully pretty much everyone apart from essential workers right now). It's a **short, practical 5-page document** that can help families plan to maintain their wellbeing during self-isolation, quarantine or lockdown. The pack is informed by positive psychology, in particular Martin Seligman's PERMA model of wellbeing (Seligman, 2011 - see pack for reference).

Apps

Calm is a worldwide app for guided relaxation and mindfulness. They have created free access to support guided relaxation in response to the coronavirus situation

https://www.calm.com/blog/take-a-deep-breath?utm_medium=email&utm_campaign=715072-free-mindfulness-resources-from-calm&utm_source=lists%2F51225-Ultimate-LoveLife-Makeover-Summit&simpero_object_id=su_eWE1de2opeEQMZt61XBFMVm

Headspace (mindfulness app) have launched a free section called *Weathering the storm*. This includes meditation, sleep and movement exercises.

ThinkNinja - an app specifically designed to educate 11-18 year olds about mental health, emotional wellbeing and to provide skills young people can use to build resilience and stay well.

Smiling Mind – an app designed to support with meditation and mindfulness for children, families and schools. Their website (<https://www.smilingmind.com.au/>) provides lots of information and guidance and the app provides guided relaxation / mindfulness sessions. They also have a YouTube channel with lots of informative videos as well as guided meditation sessions also:

https://www.youtube.com/channel/UCSP_8_QEFYdi0gY2F3CXfA

Exercise ideas

<https://www.downdogapp.com> 5 different apps for practising yoga at home (free until 1st April)

Les Mills on demand <https://www.lesmills.com/uk/ondemand/> Work out videos to do at home, free 30 day trial/