LOOKING AFER YOUR MENTAL HEALTH AND WELLBEING!

It’s especially important we look after our own mental health and wellbeing over the coming weeks and months. The following are suggestions, they are not compulsory, but we would love for you to engage in any that you find interesting.

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| Books |       |

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| Newspaper |     |

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| Theatre |      |

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| Headphones | Fit and Fearless – BBC radio 5 live talk all things fitness and body confidenceNHS Couch to 5 K – running plan for beginnersTEDTalks health – engaging speakers talking about what they know bestOpen Mind – discussion with Frankie Bridge and guests | Wellbeing Podcasts - relax and relieve stress, guided meditation from the Uk’s Mental Health Foundation Feel Better Live More – leading health experts to helping you eat, sleep and relax moreBryony Gordon’s Mad World – conversations about mental health |

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| Television | [www.nhsgo.uk](http://www.nhsgo.uk) – health information, support and advice[www.nhs.uk/change4life](http://www.nhs.uk/change4life) - exercise and healthy eating tips[www.iprescribeexercise.com](http://www.iprescribeexercise.com) – exercise programs [www.actionforhappiness.org](http://www.actionforhappiness.org) – happiness programs and coping calendars[www.youngminds.org.uk](http://www.youngminds.org.uk) – information, support and advice for young people[www.headspace.com](http://www.headspace.com) – meditation app  | [www.eQuoogame.com](http://www.eQuoogame.com) – game to increase your emotional intelligence skills [www.MeeTwo.co.uk](http://www.MeeTwo.co.uk) – app helping young people who are struggling[www.kooth.com](http://www.kooth.com) - online counselling<http://teenmentalhealth.org/> - caring and understanding mental health problems[www.calm.com](http://www.calm.com) – sleep and stress less app[www.stem4.org.uk](http://www.stem4.org.uk) – supporting positive mental health in teenagers [www.sleepio.com](http://www.sleepio.com) ­– improving sleep app |

If you would like to share what you’ve found interesting, we’d love for you to produce a piece that we could share with other students.