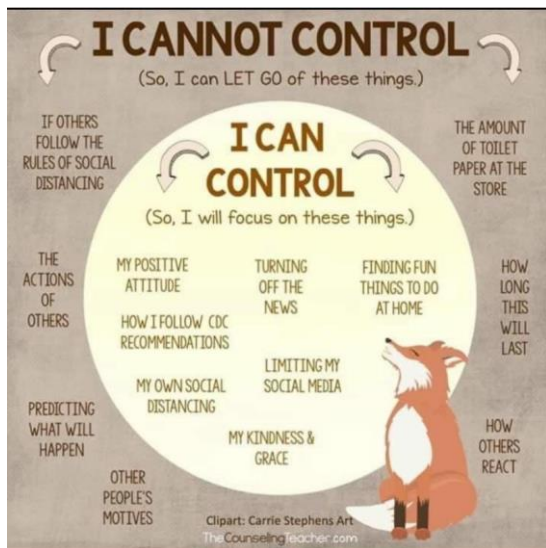


Support Links

Think about what you can control and let go of what you can't.



General wellbeing – mental and physical health

https://wellbeing.foryoubyyou.org.uk/?gclid=Cj0KCQjwpfHzBRCiARIsAHHzyZp6v9iqbT5jhsh3HWbpZUkeiogaGR_9ggVQH-4pWKyz2WP_BZ4xGvAaApvuEALw_wcB

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

<https://www.mind.org.uk/information-support/guides-to-support-and-services/>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

<https://www.rethink.org/media/2253/rethink-mental-illness-physical-health-check-flyer.pdf>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

Building resilience

<https://mailchi.mp/8313e7c3adfe/increase-your-success-2537841?e=008b26072f>

<https://www.verywellmind.com/ways-to-become-more-resilient-2795063>

Working from home

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

<https://mailchi.mp/dba0950b88cd/increase-your-success-6391479?e=008b26072f>

And let's not forget our very own Bertram Community of Practice page on Facebook which is a great place to stay connected and informed – if you're not already a member join now!

<https://www.facebook.com/groups/484294205069847/>

Spotify podcasts:

Self Isolation by Mentally Yours

Alone Together – A coronavirus Podcast

(People doing their bit to keep local communities going / positive, inspiring stories)

Loneliness, Coronavirus isolation and Mindfulness – with guided meditation