

# Looking after your wellbeing during the Covid-19 pandemic

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## Resources

### Wellness Actions Plans

[Free guides to support yourself and your staff](#)

### Self-help

[NHS self-help resources and therapies](#)

[NHS mental health apps library](#)

[Every Mind Matters](#) information and resources from the NHS to look after your mental health and wellbeing

[Wellness Society free tools](#) if you subscribe, for example 'how to deal with your inner critic' and 'ways to be kinder to self'

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk) self-help information and CBT worksheets

### COVID specific

[Public Health England advice on how to look after your mental health and wellbeing during the coronavirus \(COVID-19\) outbreak.](#)

[FACE Covid](#) Russ Harris animation

[FACE Covid for young people](#) (based on the Russ Harris FACE Covid advice)

[Coronavirus support from mental health charity Mind](#)

[City Mental Health Alliance - Supporting colleagues](#)

Resources to help organisations support their colleagues, including how to manage remote teams in challenging times.

[Every Mind Matters - Coronavirus and wellbeing](#)

Includes ten tips to help if you are worried about coronavirus, and advice on maintaining your wellbeing while staying at home.

[Mental Health At Work - Coronavirus and isolation: supporting yourself and your colleagues](#)

Mental Health At Work has grouped together resources to support one another's mental health through the outbreak and through working remotely.

## [Mental Health Foundation - Looking after your mental health during the coronavirus outbreak](#)

Some tips to help you, your friends and your family to look after your mental health, including how to avoid rumour and speculation which can fuel anxiety.

### **Five ways to wellbeing**

NHS information about how the [Five Ways to Wellbeing can improve overall health and wellbeing](#).

Simple breakdown from Mind of the [Five Ways to Wellbeing](#) with ideas of things you could do to include these in your life.

### **Wellbeing and resilience free online courses**

[Covid-19: Psychological First Aid](#) A free course put together by Public Health England and the British Red Cross.

Dr Chris Johnson offers a range of short online resilience courses (some are free) and occasionally delivers courses in Bristol [collegeofwellbeing.com](http://collegeofwellbeing.com)

[Free online course dealing with anxiety during Covid](#) from the Wellness Society with West Sussex Mind

### **Mindfulness**

Online meditations, events, news, research on all things mindful [www.mindful.org/](http://www.mindful.org/)

A meditation to calm the inner critic: [www.basic-meditation-tame-inner-critic](http://www.basic-meditation-tame-inner-critic)

[YouTube animation on how Mindfulness can empower us](#)

University of Oxford Mindfulness Centre [free mindfulness course and podcast](#)

### **Mindfulness and meditation apps**

Insight Timer (free) promoting wellbeing, talks, mindfulness, community network.

Head Space Mindfulness app (free for a few weeks then costs)