

Useful Links

Below are some resources we recommend to support you if you are self-isolating or feeling unwell.

Mind Charity's webpage offers a wealth of information and suggestions on what to do if you have to self-isolate or are feeling anxious about COVID-19 (Coronavirus). Topics include, planning for staying indoors, taking care of your mental health and wellbeing, and a checklist for a two-week homestay.

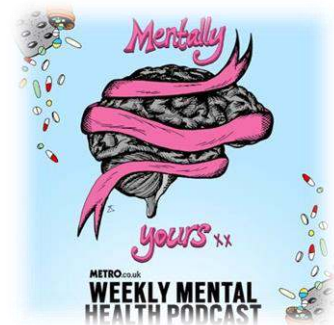
The NHS mental wellbeing audio guides offer 6-10 minute guides for dealing with our most common mental disorders, including low moods and depression, anxiety, difficulty sleeping, low confidence and unhelpful thinking.



If you are feeling restless or bored at home, find some clarity and creativity in these Frantic World's free meditation guides. Instructions state all you will need is "a chair, a body, some air, your mind. That's it."

If you have been curious about learning a new form of exercise, now could be the time. There are loads of apps, many free, which offer beginner + guidance on fitness routines, from yoga to boxing. Many require little space and no materials, while the benefits for your immune systems and mind will be myriad! Check out the ES best at-home workout apps and the Fiton App for ideas. Many instructors also post free sessions on YouTube.

Keep learning with interesting online discussions. Mentally Yours, hosted by Metro, invites guests who have experienced mental health issues. From music and madness to motherhood, it's all there.



If you would like to delve beyond mental health and Coronavirus, the IAI offers short videos on a wealth of topics relevant to our lives and times, presented by experts in the fields of philosophy, computer science, arts, literature, history, psychology, space... the list goes on. Plenty of food for thought!