

Resources to Help Mental Health and Wellbeing During the COVID-19 Pandemic

General Health & Wellbeing Resources

A website with brief mindfulness exercises (there is also an app)

[Headspace](#)

An app with a variety of psychological tools for managing wellbeing (free premium access during COVID-19)

[Sanvello](#)

Free workouts to keep you physically fit at home

[NHS Fitness Studio](#)

[Yoga with Adriene](#)

[Nuffield Health Leeds](#) (daily classes via live stream)

Mental Health & Wellbeing and COVID-19 – Adults

Simple practical steps we can all take (video)

[Taking Care of Your Mental Health During the COVID-19 Pandemic](#)

Some steps for responding to the current crisis and the anxiety that comes with it, based upon psychological theory (video)

[FACE COVID – How to Respond Effectively to the Corona Crisis](#)

How to cope with stress during the COVID-19 outbreak (brief leaflet)

[World Health Organisation: Coping with Stress](#)

A self-help guide to dealing with worry and anxiety amidst the uncertainty (lengthier guide)

[Psychology Tools Self-help Guide](#)

Tips for home working

[Home Working, Mental Health & COVID-19](#)

Mental Health & Wellbeing and COVID-19 – Children & Young People

Advice for speaking with children about COVID-19

[Advice from an NHS Trust](#)

Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing

[Talking to your child about coronavirus](#)

Suggestions for helping children cope with stress during the COVID-19 outbreak

[Helping Children Cope with Stress during the Outbreak](#)

Things to do During Social Distancing

A timetable of live streams (e.g. theatre, comedy, music)

[Social Distancing Festival](#)

Online singing events (don't worry, nobody else can hear you)

[Sofa Singers](#)

Maintaining contact remotely via video call

[Skype](#)

[Zoom](#)

YouTube channel with poems and stories for children

[Michael Rosen Channel](#)

Links to museums offering free virtual tours

[Virtual Museum Tours](#)

An extensive list of free online courses

[Open University](#)

Free theatre, opera and ballet

[National Theatre Live](#)

[Royal Ballet/Royal Opera House](#)