

The Little Book of Wellness

April 3rd 2020 marks the beginning of Stress Awareness Month, and we can all agree that the tensions have been high for the past few weeks!

After a long day, it's normal to want to take a minute to yourself. Just because we're at home, doesn't mean that we are resting. If anything, it can be harder because our space for work and rest have merged into one. Remember to carve out a moment in your day where you can take a minute (or 30) and breathe!

Greetings

I've created this guide to bring together a list of resources that can help support the mental health and wellbeing of people who are working from home or in self isolation.

For many of us this is such a new way of working, that has been sprung upon us with hardly any time to transition into it and with little support on how to adjust to these new patterns of working. It can feel stressful and anxious, but there is support available in the form of apps, online resources and support groups.

This is by no means a comprehensive and exhaustive list, but I hope people find it a good starting place!

Be Well

Marcia Clarke
abundancefoods.co

Wellbeing & Mental Health Resources

FOR THOSE WORKING FROM HOME OR IN ISOLATION

Wellbeing & Mental Health Resources

Listed aside are some apps that could help you look after your wellbeing and mental health. The list is not necessarily an endorsement or recommendation of each app, as you will need to assess its suitability for you yourself.

Whilst these apps can be useful, they are not a replacement for seeking medical advice if you have concerns about any symptoms you are experiencing.

Please check the suitability of each App, and if there are any cost implications or compatibility issues with your devices. Whilst most of the apps listed are free to download or register, please be aware of potential in-app purchases.



Although it's important to sometimes manage the time we spend on them, our phones can still play an important part in helping us feel good. Nowadays there's a whole host of ways we can use our everyday tech to boost our wellbeing - including an assortment of apps aimed at doing just that.



Wellbeing Apps

Insight Timer

Insight Timer is an app and online community for meditation. The app features guided meditations, music and talks posted by contributing experts. It has a free basic version offering limited functionality and a paid version with access to more in-depth courses and additional services.

insighttimer.com

Availability: Desktop/Tablet or Download on the App Store or get it on Google Play

Relax Melodies

Relax Melodies is a relaxation and sleep app that allows you to select sounds and melodies that you like and combine them to create Soothing Sounds, Bedtime Stories, Sleep Meditations, and Sleep Moves.

It has a free version offering limited access to sleep sounds, meditations and brainwaves, and a paid version with full access to a more extensive catalogue.

relaxmelodies.com

Availability: Desktop/Tablet or Download on the App Store or get it on Google Play

NHS Mental Health Apps Library

A list of apps listed on the NHS Apps Library. All products published on the NHS Apps Library must meet a set of standards. The apps are assessed against a range of NHS standards.

nhs.uk/apps-library/category/mental-health

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At the time this guide was printed (April 2020), Ten Percent Happier have created a FREE Coronavirus Sanity Guide. It's full of free help you build resilience and find some calm amidst the chaos.

tenpercent.com/coronavirussanityguide

They're also offering free access to their app to healthcare workers worldwide.

tenpercent.com/care

The Tapping Solution are also offering a Free Coronavirus Stress and Anxiety Collection as well as 6 months Free Access to the App for All Healthcare Workers and First Responders.

The Tapping Solution and Headspace are also offering free access to additional content



Wellbeing Apps

Ten Percent Happier

With the Ten Percent Happier app, you'll discover guided meditations, sleep meditations, videos, talks and practical teachings from dozens of coaches. Also provides free YouTube videos

tenpercent.com

Availability: Desktop/Tablet or Download on the App Store or get it on Google Play

Stop, Breathe & Think

The app features 34 free meditations and many more on subscription to a premium account. There are many categories for different exercises such as breathing, sleep, connecting to your body, stress, finding focus and strengthening resilience

stopbreathethink.com

Availability: Desktop/Tablet:

stopbreathethink.com/meditations or

Download on the App Store or get it on Google Play

The Tapping Solution

Tapping Meditations app to help you release your anxiety so you can support your immune system, feel more at peace, and empowered.

thetappingsolution.com

Availability: Download on the App Store or get it on Google Play

Headspace

Free guided meditations app aimed at tackling problems related to anxiety, sleeplessness, and relationships.

headspace.com

Availability: Availability: Desktop/Tablet or Download on the App Store or get it on Google Play

Wellbeing & Mental Health Resources

Listed aside are some online resources that could help you look after your wellbeing and mental health. The list is not necessarily an endorsement or recommendation of each website, as you will need to assess its suitability for you yourself.

Whilst these resources can be useful, they are not a replacement for seeking medical advice if you have concerns about any symptoms you are experiencing.

Please check the suitability of each website, and if there are any cost implications or compatibility issues with your devices. As with all internet sites, make sure you have anti-virus software protection in place, and check for updates regularly.

Whilst most of the resources listed are free to access, please check the website for any that may have costs involved.

Taking care of your mind as well as your body is really important while staying at home because of coronavirus (COVID-19). You may well be experiencing feelings that are totally new to you, and it's important to remember that it is OK to feel this way and that everyone reacts differently.



Online Resources



Pathfinder Holistic Healing

Free resources to help us through the Coronavirus lockdown. The list includes Coronavirus clearing meditations, Tapping for the lungs, and Self Compassion Practices. The list is updated regularly.

pathfinderholistichealing.com/resources



Tania Taylor Hypnotherapy & Psychotherapy Coach

Free deep relaxation hypnotherapy every Sunday evening via Facebook lives in her free Facebook group. Includes tips on coping better with stress, overwhelm, and anxiety. There's also lots of free downloads via a mailing list and blogs on her website.

tania-taylor.co.uk



Cheryl Lee Mind Body Movement

Free mindful breath exercises via audio, video and pdf.

mind-body-movement.co.uk/resources



Liz Linden KickStart Wellness

Free distance Reiki every evening at 7.30 pm to everyone on their mailing list

kickstart-wellness.co.uk



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Sometimes online resources can't realistically give us all the help we want or need. They can however give us ideas and coping mechanisms that can help us make sense of what we're struggling with, making it a little easier to manage and take control.



Online Resources

Lucy Banister Yoga Teacher

Short videos of yoga techniques to help you deal with common problems such as insomnia, stress and back pain. You will also find ways to quickly and easily incorporate simple exercises into your daily life.

[youtube.com/user/LucyYogaTV](https://www.youtube.com/user/LucyYogaTV)

Liz Almond Therapist & Coach

Free resources which accompany her book, Are You Worth It?, meditations and hypnosis as well as videos on how to do EFT. insightfulminds.co.uk/free-resources-for-are-you-worth-it-book

Daphne Richardson Personal Trainer & Gym instructor

Tai Chi and Qigong from a health, well-being, fitness approach via YouTube channel. Free session every morning at 10 am (UK time). Suitable for anyone, any age or fitness level. Great for light exercise, stress relief, benefits to mind and body.

[youtube.com/c/FreshfieldFitnessTaiChiPT](https://www.youtube.com/c/FreshfieldFitnessTaiChiPT)

Wellbeing & Mental Health Resources

Listed aside are some Facebook groups/pages that could help you look after your wellbeing and mental health. The list is not necessarily an endorsement or recommendation of each group/page, as you will need to assess its suitability for you yourself.

Whilst these groups/pages can be useful, they are not a replacement for seeking medical advice if you have concerns about any symptoms you are experiencing. Please check the "About" section or joining criteria (if necessary) of each group/page before joining, and if there are any cost implications associated with joining.

Whilst most of the groups/pages listed are free to join, please check if any additional content may have costs involved.



Facebook groups and pages are proving to be a vital online support network for many of us, helping us feel more connected to one another.



Facebook Groups/Pages

Diana-Justin Tyson Natural Transformation Therapy

A list of resources inc. really simple tips on how to ground and release feelings.

facebook.com/NaturalTransformationTherapy

Andrea McGowan AM Wellbeing CIC

A range of mindfulness options for children, as well as online classes for parents

facebook.com/AMWellbeingCIC

Clare Hopkins NLP and Life Coach

A list of resources helping people become more resilient to improve their wellbeing. Via a Facebook group called Cultivating Resilience, there's lots of tools and techniques to help members, such as EFT, upcoming NLP sessions, and Reiki healing, as well as tips on how to eat well when feeling stressed

facebook.com/groups/1477656009073462/

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At the time this guide was printed (April 2020), Emotional Energy Coach Geraldine Crane is also offering personalised guided relaxations half price for Leeds Women's

Aid staff and free if they are really struggling.



Facebook Groups/Pages



Geraldine Crane Emotional Energy Coach

Online coaching and personalised guided relaxations. Half price for Leeds Women's aid staff and free if they are really struggling. Also shared recorded relaxations by phone for free. There's also a free private group for women with free tips and guided relaxations. Facebook

Group The Emotional Energy Hub:

facebook.com/groups/679273439246198



Lucy Banister Yoga Teacher

Dru It Yourself a private Facebook community for Lucy yoga students (and interested others) to help support your yoga practice and self-care.

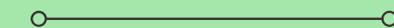
facebook.com/groups/druityourself



Tania Taylor Hypnotherapy & Psychotherapy Coach

Calm Your Mind free Facebook group. Free deep relaxation hypnotherapy every Sunday evening via Facebook lives. Includes tips on coping better with stress, overwhelm, and anxiety.

facebook.com/groups/CalmYourMindFree



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As many of us have become more connected as communities online, the surge in support groups are realising Facebook's promise to truly connect us at this challenging time.

Facebook Groups/Pages

Emma Rowland
Music Conductor

Facebook group Sing Out Strong is a family of choirs and social-singing groups specifically set up to support mental health and wellbeing.

facebook.com/pg/SingOutStrongWellbeing

Claire Cutler-Casey
Kinesiologist

The Happy Healing Hut Online, a Facebook group that shares for free simple ways to join in and catch up with daily live tips and techniques to help you stay safe, stay well and stay inside during the challenge for lock down.

facebook.com/groups/590436748222245

Victoria Wright
Medical Herbalist & Wellness Coach

Free meditation every Thu 7:45 pm in the Facebook page, The Living Herb Also free daily self-care videos covering a range of things from insomnia to immunity to rest.

facebook.com/thelivingherb

Hilary Scott Gibson
Meditation Teacher

Free breathing exercises, Tai chi movements, and meditation videos at Faceook page Achii Relaxation and Education.

facebook.com/pg/achiirelaxationandwellness



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"The future is a mystery. It can be filled with uncertainty and doubt, but the truth is you are stronger than the doubt. You have overcome so many challenges you never saw coming, and you will continue to overcome them.

You will be okay "



Facebook Groups/Pages

Keilly Parker
Mental Health Social Worker

Facebook group Be True To You Life Coaching. Providing support for those with mental health, fibromyalgia and chronic illness on their recovery journey to a pain free future.

[facebook.com/Be-True-to-You-Life-Coaching-501552907015605/](https://www.facebook.com/Be-True-to-You-Life-Coaching-501552907015605/)

Rachel Farnsworth
Rapid Transformational Therapy Practitioner

Specialising in helping women reverse the symptoms of anxiety and panic attacks and heal from toxic relationships. Free relaxation /hypnotherapy recordings for Perfect Relaxation Deep Relaxation for a Perfect Night's Sleep, and a Healing Vortex recording to rebalance energy levels

[facebook.com/WellnessWithRach](https://www.facebook.com/WellnessWithRach)

Chantal Nogbou
Traditional Chinese Acupuncture practitioner

Chantal offers some wellbeing first aid sessions via Zoom, sharing useful acupressure points for your specific needs. Contact her via her Facebook page for details of sessions

[facebook.com/Dragonflyacupunctureleeds](https://www.facebook.com/Dragonflyacupunctureleeds)

Mental Health Services in Leeds

Coronavirus: changes to mental health services

Help in a crisis

Leeds Survivor-Led Crisis Service (LSLCS) - Due to the current public health crisis, all their services are remaining open, but with some alterations:

- **Dial House** is open for telephone and Skype/Zoom crisis support only, Fri-Mon and Wed, 6 pm-2 am. Tel 0808 800 1212.
- **Dial House@Touchstone** is open for telephone crisis support only, to people from BAME groups, Tue and Thur, 6 pm-12 am. Tel 0113 249 4675 or text 07763 581 853.
- **Connect Helpline** is open as normal, every night 6 pm-2 am but is experiencing high demand so a call back cannot be 100% guaranteed every night. Please be patient, they will always do their best to get back to you.
- **Teen Connect:** open as normal, Mon-Fri 3.30 pm-2 am; Sat/Sun 6 pm-2 am. Tel 0808 800 1212 or text 0771 5661559

Leeds Mind - offer online peer support group. Find out more and book here: leedsmind.org.uk/our-services/peer-support

Leeds Women's Aid - Refuges, 24/7 helpline & IDVA service remain open. If you need support, please call 0113 246 0401 or visit: leedswomensaid.co.uk

