



We've reviewed a number of online resources to provide further support for you. You can talk to your case manager about these on the phone or via video call or use them yourself to inform your activities and goal setting over the coming weeks.

We've included a short summary and you can click the names of the resources which have been hyperlinked to view the tool or information.

Stress and relaxation

[The Stress Bucket](#) – This is a great tool if you are feeling stressed. It provides you with a way to visualise what is causing stress and provide a safe way to release the feelings that come with stress. We recommend that you discuss this tool and how you are feeling with your case manager as part of your ongoing discussion.

[3 minute mindfulness breathing space](#) – This comes from this Mental Health Foundation and is a 3 minute podcast narrated by Ed Halliwell, one of the world's leading mindfulness teachers.

[10 minute mindfulness practice exercise](#) – This comes from the Mental Health Foundation and is a short relaxation exercise narrated by mindfulness expert Prof. Mark Williams. It features a series of breathing and visualisation techniques.

Mental wellbeing

[Your mind map quiz](#) – Developed and launched by the NHS and the Every Mind Matters campaign, the short quiz include 5 questions which have now been tailored for the COVID-19 outbreak and assesses mood, sleep, anxiety, stress and what is worrying you and then gives 6 tips of how you can improve your mental wellbeing including reframing negative thoughts, exercise and reflection. You can swap the tips for ones more relevant or achievable for you and there are links to further advice. The recommendations can also be emailed.

[Wellbeing guide](#) – An easy to read guide including five top tips for mental wellbeing, published by Mental Health UK.

['One You' Apps](#) – A series of apps recommended by the NHS to support goals to exercise, eat well, stop smoking etc.

[Staying at home](#) – Some useful tips from the Mental Health Foundation to help with goal setting during COVID-19 and staying at home.

[Pre-existing mental health problems and COVID-19](#) – Useful information if you have pre-existing mental health conditions during the Coronavirus pandemic. It touches on challenges with food and eating, obtrusive thoughts, isolation, self-harm and substance misuse etc. We recommend you

discuss any feelings you may be having and the guidance given in this resource with your case manager.

Food

[Food and mood](#) – A resource from the charity Mind about how food can affect a person's mood, energy levels and ability to think more clearly. There is a short video on how to manage your mood with food (including 8 tips) and written advice including techniques for things such as relaxation, gut health etc.

[One You Eat Better](#) – An easy resource to support healthy eating and good eating habits, developed by the NHS.

Exercise and play

[Exercising with a physical disability](#) – From The Activity Alliance, this guide is a good resource for maintaining exercise if you have a physical disability.

[Play toolkit](#) – From the charity Sense, these play toolkits are a lovely resource on play ideas and how to use play within the day.