# **Wellbeing Resources from 27th March E-Bulletin**

**Mindfulness**
In such a challenging time make sure you take time out!  Here are some FREE resources suggested by Fiona Green, at York Art Gallery

Mental wellbeing free resources are available here to take 10 minutes out of the day to focus and relax: [**www.freemindfulness.org/download**](http://www.freemindfulness.org/download).

**Make That Desk Work For You!**
Physical wellbeing is important.  In addition to that daily walk, run or bike ride, there are lots of things you can do inside.  Here are some desk yoga poses which could help relax you when are sat down most of the day!

**Visit:**[**www.adventureyogi.com/blog/10-desk-yoga-poses**](https://www.adventureyogi.com/blog/10-desk-yoga-poses/)**.**

**Stay Positive and Balanced at Work and Home**
We’d love to hear from museums around the region.  To kick us off here are some great tips from Fiona Green at York Museum Trust

* **Have a dedicated workspace** – Trying to work from your living room while the kids are watching TV is not an ideal work environment. You can’t possibly feel inspired, creative or even organised when you don’t have your own workspace. It doesn’t matter that you don’t have a separate home office. Maybe you can get a small desk, put some inspirational pictures up, light a scented candle, and set up your laptop somewhere you won’t be disturbed.
* **Keep a routine** – Even though it might be tempting to work in your pyjamas, getting dressed, making yourself a drink and sitting down in front of your computer at the same time each day will make you feel more productive. It also helps you to separate your work time from the rest of the day.
* **Take time off** – It is so easy to fall into the trap of working during family time when you work from home. Give yourself a finishing time each day and try to stick to it. If you really need to do extra work in the evening or at weekends, make sure it doesn’t interfere with your home life.
* **Collaborate with like-minded people** – Even though you are working alone, you shouldn’t be lonely. Don’t isolate yourself. Go online and collaborate with other bloggers/social media users from the sector and keep in touch with other colleagues working from home.
* **And for those parents out there**……here is a link to some free resources for home learning [**www.twinkl.co.uk**](https://www.twinkl.co.uk/).