

## Wellbeing Resources from 3<sup>rd</sup> April E-Bulletin

### Daily Mindfulness Videos from Yorkshire!

Thank you to Lucy Cooke, Under 5s Learning Co-ordinator for East Riding of Yorkshire Museum Service, for highlighting these daily videos.

They are being offered for free by Sally Edward, who ran Mindful Engagement with Art sessions at Beverley Art Gallery. Join Sally for a daily meditation practice, which she will be streaming from her van in West Yorkshire.

Details via her website: [www.kindmind.co.uk](http://www.kindmind.co.uk) and Facebook page: [www.facebook.com/kindmindtraining](https://www.facebook.com/kindmindtraining)

### Creative Isolation from March Network

Check out this great resource from March Network, which pulls together the huge range of creative initiatives available to support our mental health and wellbeing during this period of social distancing.

Find out more at: [www.marchnetwork.org/creative-isolation](http://www.marchnetwork.org/creative-isolation)

### No Panic Website

Thank you to an anonymous subscriber who recommended this website. They said they had found the resources very helpful.

For all those who might be feeling increased stress or anxiety during these times have a look at: [nopanic.org.uk](http://nopanic.org.uk)

### 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](http://www.adventureyogi.com/blog/10-desk-yoga-poses)