

## Wellbeing Resources:

### Mind: Coronavirus and Your Wellbeing

Mental health charity Mind have put together a page on keeping mentally well during the coronavirus pandemic. It is aimed to help you cope if you're feeling anxious or worried, are staying home, or you are self-isolating due to symptoms:

[www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing](http://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing).

There is also a page dedicated for under 18s:

[www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing](http://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/coronavirus-and-your-wellbeing).

### Creative Isolation Resources

The March Network have collated a wide range of resources to help people working in isolation.

'As a mental health network focused on the power of bringing people together with social, cultural and community assets, Covid-19 has thrown us a unique challenge. With more people socially and physically distancing themselves, we want to share some home-based, creative ways to support mental health during these unique and uncertain times'.



Visit the March Network website to access the full range of useful resources: [www.marchnetwork.org/creative-isolation](http://www.marchnetwork.org/creative-isolation).

### 10 Days of Happiness

### New Online Coaching Programme

10 Days of Happiness is a free online coaching program which guides you through daily actions for happier living, all based on the latest research.

[10daysofhappiness.org](https://10daysofhappiness.org).

## Let's Talk Loneliness

Let's Talk Loneliness is a campaign to encourage everyone to start the conversation and say it's OK to talk about it. Their website brings together organisations, resources and inspirational stories that are aimed at getting more people talking about loneliness.

**Visit:** [letstalkloneliness.co.uk](https://letstalkloneliness.co.uk).

## COVID-19: Guidance for the Public on Mental Health and Wellbeing

Government advice and information on how to look after your mental health and wellbeing during the coronavirus (COVID-19) outbreak:

[www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing](https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing).

## Monthly Action Calendars

The Action for Happiness produce FREE monthly calendars packed with actions you can take to help create a happier and kinder world. 'Meaningful May' looks at daily actions to respond to this crisis with a sense of purpose and meaning.

**You can find other language versions there too – so no excuse to not have a look!** [www.actionforhappiness.org/meaningful-may](https://www.actionforhappiness.org/meaningful-may).

## CALM (Campaign Against Living Miserably) Comedy Club

Want a break from the news? Some mid-afternoon comedy to inspire a LOL?

Well, the CALM Comedy Club – a live streamed comedy series offering big laughs from

big names direct to your Twitter feed – is the perfect thing for you. Ten minutes of laughs to allow you to take shelter away from the news. It only started on 27 April and now every day of the week at 3.00pm it is exclusively live streamed through their Twitter feed.

**Exercise your chuckle muscles at: [www.thecalmzone.net/2020/04/the-calm-comedy-club-is-coming-live-to-twitter](http://www.thecalmzone.net/2020/04/the-calm-comedy-club-is-coming-live-to-twitter).**