23rd April 2020

Hi all,

I hope you had a restful spring break and that you are getting back into the swing of things if you are still receiving work from college. I have been looking at all kinds of resources that are being published to help people look after their well being during this difficult time and came across a workbook that I wanted to share with you all. It's free and you can either save it or print it off, whatever works best for you. It has been designed specifically with Covid-19 related stress and anxiety in mind and has some really helpful ways to help us all cope a little better. It includes news intake and also schedule and routine as I have spoken to a few students over the last few weeks who are struggling with sleep.

It might be that you are doing really well and that's great! If you have been doing/watching/reading anything in particular that has had a positive effect on your wellbeing, please share with me and I'll put your responses together so we can all benefit :)

Here's the link- <https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

As always, get in touch if you need anything and keep in touch with your Tutor.

Jen