

Need Support?

Times like this are undoubtedly very challenging and if you need support there are people who will listen if it just gets too much

Free listening services if you need to talk, any time of the day or night

These services offer confidential advice from trained volunteers. You can talk about anything that is troubling you, no matter how difficult:

Call [116 123](tel:116123) to talk to [Samaritans](https://www.samaritans.org), or email: jo@samaritans.org for a reply within 24 hours

Sometimes it might be that you are struggling to find some peace or need to take a minute, here are some links that you might find useful.

<https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing>

<https://soundcloud.com/mindfulmagazine/guided-breathing-exercise>

<https://www.mentalhealth.org.uk/podcasts-and-videos/mindfulness-10-minute-practice-exercise>

YouTube provide some useful videos

How to Have a Positive Attitude – 10 positive Thinking tips (2min video)
3Hour Relaxing music with water sounds for meditation.

Apps can be downloaded on to your phones

Calm App – Download free 7 days. – Listen to bedtime stories, calming music, morning meditation and many others.

Physical activity

Don't forget to use your daily exercise for a change of scenery or just to breathe in the air, but remember, **physical distancing! Stay safe!**

The **NHS Fitness Studio** – have lots of exercises, starting from Aerobic beginners, Yoga, Wake-up, 10min workout including Belly Dancing.

Remember sometimes children struggle too!

There are things that you can encourage your children to do or maybe even do it together

STAY CALM

Children's - Free Apps

'Stop, breathe and think'

Breathe, Think, Do with Sesame, by Sesame St.

Kid's Meditation: Bulldog Finds His Heartbeat

Kid's Mindfulness – Calm Compilation

Kids Meditation – ROCK-A-BYE

What Makes You Smile?



Five Finger Breathing



Mindful Yoga



- 1** Set aside at least 15 minutes in a quiet, open and airy space for your yoga practice.
- 2** Instead of treating your practice like a session at the gym, treat it like a meditation where you bring your full awareness to both your physical and emotional sensations as you move through the poses.
- 3** Observe how the physical sensations from each pose give rise to emotional sensations like released tension leading to relaxation, or even feelings like pain leading to frustration.



Health Benefits:

- Reduced stress
- Enhanced concentration
- Improved memory and performance

Why it works to reduce stress:

In addition to all the benefits of a mindful meditation, mindful yoga adds a physical element that provides a boost of energy and positive chemicals in the brain.