

WIT WELLBEING TIPS FOR LOCKDOWN

Keep up a routine

Regular exercise and fresh air

Meditate

Healthy eating

Stay connected

Support local business

Look after mental health

Limit social media and news feed

Some useful links;

- www.nhsinmind.co.uk – details 8 techniques and videos to alleviate and combat anxiety and fatigue
- www.calm.com/blog/take-a-deep-breath - Calm – app for meditation, sleep and relaxation, all ages. Currently offering some free content
- www.headspace.com/covid-19 - Headspace – mindfulness resource. ‘Weathering the storm’ collection currently free.