

## Supporting Health and Well Being of Parents

We understand that this is a challenging time for everyone. Whilst, as parents, you tend to prioritise your children's needs, it is really important to look after yourselves too.

Here are a few links to help you, which you may find useful, if you need them:



The [Action for Happiness](https://www.actionforhappiness.org) website produces calendars for each new month. They have also made a general 'Coping Calendar.' The website link is:

<https://www.actionforhappiness.org>

You can sign up and they notify you when there is a new monthly calendar.

NHS Every Mind Matters includes lots of support with mental health and well being and there are several links relating specifically to Coronavirus related concerns.

- 10 tips to help you if you are worried about coronavirus : <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-anxiety-tips/>
- Get your mind plan quiz and outcomes: [https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Paid\\_Social&WT.mc\\_id=EmpowerV3](https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Paid_Social&WT.mc_id=EmpowerV3)

There are lots of apps:



Also, look out for Calm's free 'Sleep Stories' on Youtube.

Balance: Meditation



Breathe: Meditation & Sleep

Down Dog Yoga



There are lots out there. Check out which ones are free!

If you are looking for a little escapism...

20 Amazing Places You Can Visit Without Leaving Home



[https://www.travelzoo.com/uk/blog/preview/E3DA2277-818C-459D-993A-F6894DE65C26/?utm\\_source=genericemail\\_uk&utm\\_medium=email&utm\\_campaign=2872096\\_html\\_-&utm\\_content=2872096&ec=0&dlinkId=2872096https://www.travelzoo.com/uk/blog/preview/E3DA2277-818C-459D-993A-F6894DE65C26/?utm\\_source=genericemail\\_uk&utm\\_medium=email&utm\\_campaign=2872096\\_html\\_-&utm\\_content=2872096&ec=0&dlinkId=2872096](https://www.travelzoo.com/uk/blog/preview/E3DA2277-818C-459D-993A-F6894DE65C26/?utm_source=genericemail_uk&utm_medium=email&utm_campaign=2872096_html_-&utm_content=2872096&ec=0&dlinkId=2872096https://www.travelzoo.com/uk/blog/preview/E3DA2277-818C-459D-993A-F6894DE65C26/?utm_source=genericemail_uk&utm_medium=email&utm_campaign=2872096_html_-&utm_content=2872096&ec=0&dlinkId=2872096)