

# Wellbeing resources to help during COVID 19 pandemic

It is very important to look after our families and ourselves as we go through these uncertain times whether we are well, unwell, self-isolating, supporting or working.

Here is a list of useful resources -

1. Chatterpack - useful for those self-isolating or simply staying at home  
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>
2. Headspace / Insight timer / Calm - mindfulness Apps
3. Mindful net <http://www.freemindfulness.org/>
4. Every Mind Matters <https://www.nhs.uk/oneyou/every-mind-matters/>
5. Ekhart yoga YouTube channel – 14-day free trial  
[https://www.youtube.com/channel/UCFYs00t3zj0eJ\\_Nc0lowTSA](https://www.youtube.com/channel/UCFYs00t3zj0eJ_Nc0lowTSA)
6. Action for happiness <https://www.actionforhappiness.org/>
7. Audio tracks on the Bangor University Centre for Mindfulness Research and Practice <https://www.bangor.ac.uk/mindfulness/audio/index.php.en>