



Wellbeing

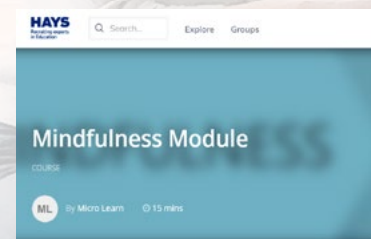
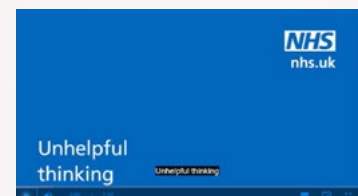
Living well in Lockdown

Little things to help make lockdown easier

We are almost 4 weeks into Lockdown now, an unprecedented time for us all, and as the sun starts to shine welcoming Spring into our lives it may be feeling even harder to stay inside. Perhaps you are struggling to cope with having little space especially if you don't have a garden or outdoors area to break away into. We are here to help! In this week's communication, we simply wanted to build on some of the ideas given to you in [previous wellbeing resources](#), and provide you with some links to helpful apps, sites and guides that may help you to live a little happier during lockdown.

NHS Audio Guides

Whether it is low mood, anxiety, sleep, low confidence or unhelpful thinking the NHS has some really helpful [audio guides](#) you can listen to in the privacy of your home. Find a quiet room, put in some headphones and sit/lie down somewhere comfortable. They are full of helpful information and about 7-8 minutes long.



HAYS Wellbeing First

Signing into your HAYS online learning account (the one you use when doing your Safeguarding Training), you'll have access to a whole new library of learning resources all designed around putting your [wellbeing first](#). With helpful videos on topics such as mindfulness, healthy living, attitude, stress, relaxation and yoga (to name some) you will be able to find something for you!

Home Workouts

Exercise is a hot topic now, and there is something out there for all levels and interests! Whether you are a total beginner or a gym addict there are plenty of home workouts that are safe and accessible for the lockdown environment. Why not try some of the following?

- [NHS recommended Cardio Workout](#) – 10 mins – beginners
- [Low impact Hiit training with The Body Coach](#) – 15 mins – beginner
- [Yoga with Adrienne](#) – all levels, variety of times
- [Boxercise](#) – 30 mins – intermediate
- [Dance workouts Popsugar](#) – all levels, variety of times
- [Stretches for a stressful day](#) – Blogilates – light
- Or why not try the [Couch to 5k](#) if you're thinking of getting into running?



Getting into Flow

If fitness is not your thing, why not do something engaging that you can lose yourself in during the week. This could be something arty, creative, or simply listening to an audiobook or podcast. Why not explore some of the following options?

Audio: Check out free podcasts on [itunes](#), [Spotify](#), [Acast](#) and many more. You'll be able to find programmes based on your interests. [Audible](#) is also a great platform for getting into audiobooks.

Literature: If you're a fan of literature, [Borrowbox](#) allows you to use your library card to borrow free books and even listen to free audiobooks!

Creative Challenges: Why not do a [30-day drawing challenge](#)? Try something different each day (even if you take longer than 30 days!). If creative writing is your thing, here are another [30 ideas](#) for things you could have a go at.