

## Health and Wellbeing Guidance

It is important to focus on mental wellbeing and good physical health during this period of Covid-19 lockdown. This guidance sheet suggests some apps which can be downloaded to your mobile telephone or tablet.

Please also subscribe to our YouTube channel to see a daily “thank you” update where our Director of Health and Wellbeing, Rob Woollen, shares things he is grateful for during this period.

<https://tinyurl.com/PPwellbeing>

### Apps

Please search for these apps on your Android, Apple or Amazon apps store

- **Headspace** – Meditation and mindfulness is made simple with Headspace. Gives users a workout for the brain. The premise is to take ten minutes a day to listen in and clear your mind.
- **Meditopia** – Meditopia’s library offers over 1000+ guided meditations on topics including stress, anxiety, acceptance, happiness, motivation, focus and breath.
- **My Possible Self** – Use the moments function to monitor your feelings and recognise any patterns or triggers in your behaviour, and the self-help modules to tackle areas such as stress, anxiety, loss or major life changes
- **Streaks** – this is a to-do list that helps you form good habits and holds you accountable to all your goals. Through the app you can track up to twelve tasks you want to complete each day. Goal is to build a streak of consecutive days.
- **Thrive** – A game based app that can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.
- **Social Stories for Problem Behaviours** – Five apps in one that have social stories and positive behaviour tools that help reduce anxieties and stresses. All developed by a behaviour analyst.
- **iDo** – skill building app that enables individuals to learn routine of choosing appropriate clothes for different weathers and situations. Can be bespoke to the individual (e.g. can upload pictures of our own clothes).
- **Algoriddim** – learn how to DJ without the need for expensive, specialist equipment, All you need is a phone or tablet and the free DJ app. Guides users through every stage of mixing. Excellent stress release tool and enables a little fun.
- **Planet Fitness** – app offers hundreds of work outs that are suitable for all abilities and can be done from anywhere. These workouts are free for members and non-members.