

The AHSN Network

Wellbeing Resources

A resource pack to help you improve your physical and mental health.



February 2022

Staying well

- **Staying well when social distancing (Royal College of Occupational Therapists)**

[Read the advice here](#)

- **Wellbeing guides (University of Southampton)**

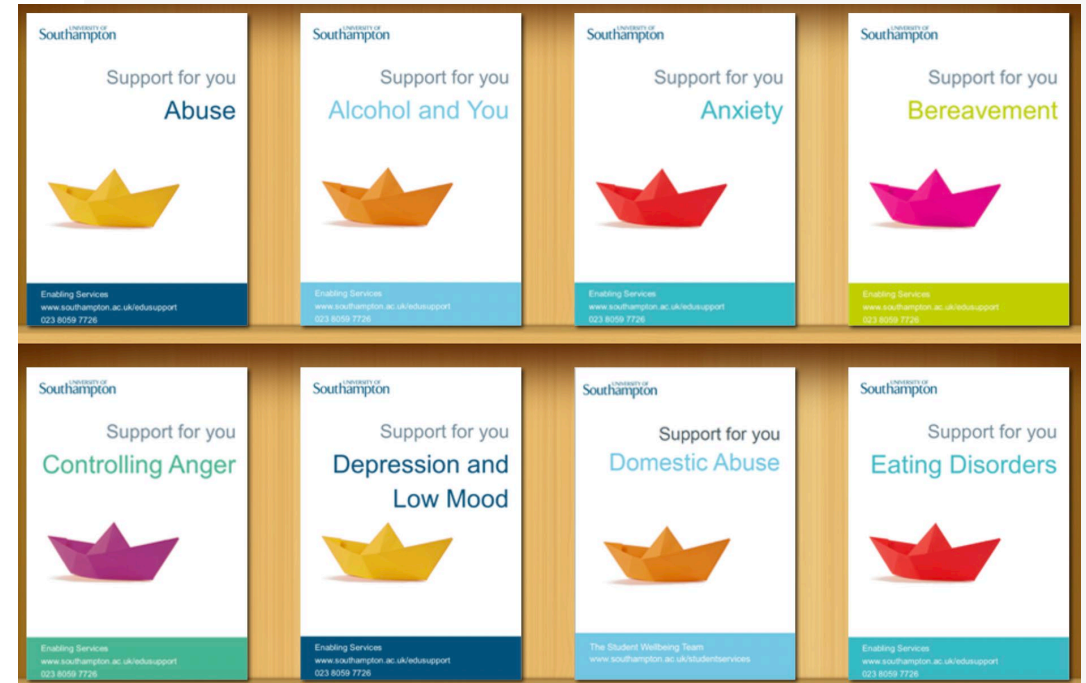
19 self-help guides covering a range of wellbeing topics.

[Download the guides](#)



Staying well when social distancing

We've created some top tips to support those who are undertaking social distancing to get through the next few weeks.

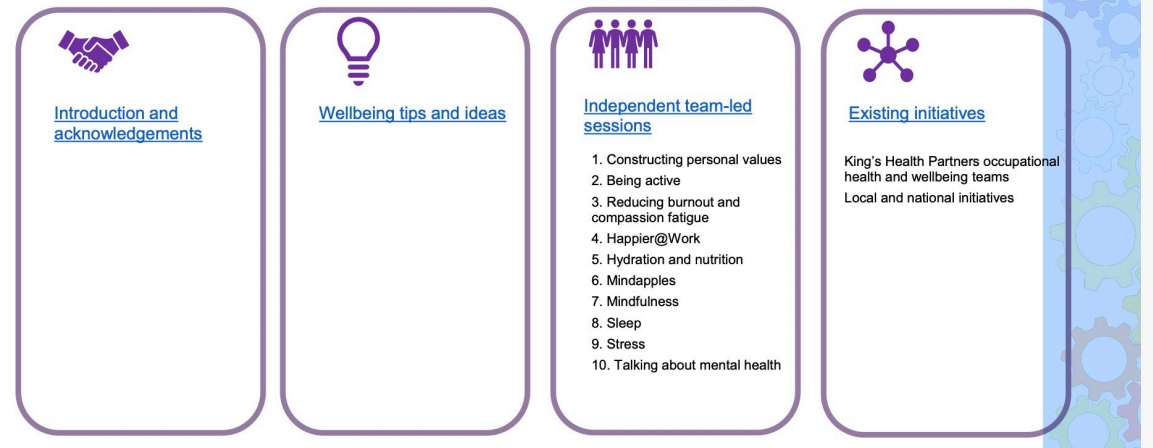


Staying well

- **Mind & Body Health and Wellbeing Toolkit – King's Health Partners**

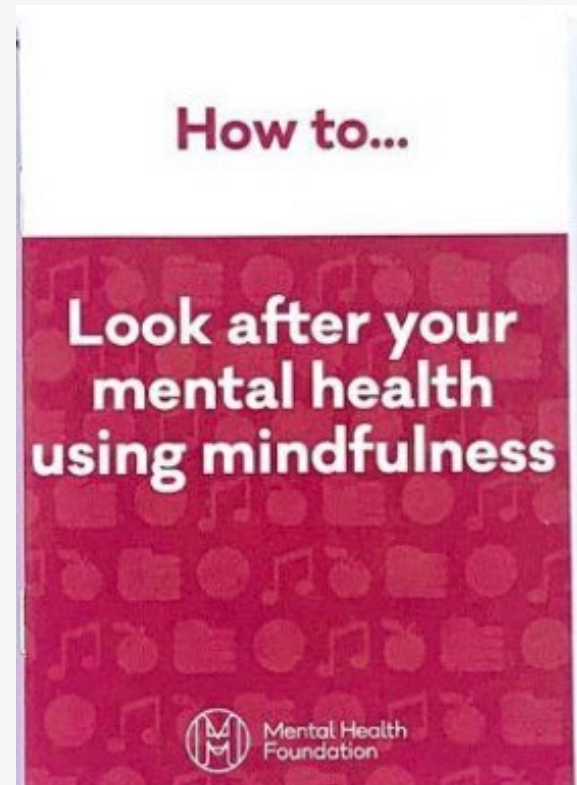
A collection of resources all in one place, that can be used to support the mind and body health and wellbeing.

[Download the toolkit here](#)



Mindfulness

- **How to look after your mental health using mindfulness**
[Download the guide](#)
- **Quick tips on mindfulness (Mind charity)**
[Read about mindfulness](#)
- **Quick tips on relaxation (Mind charity)**
[Try some relaxation tips](#)



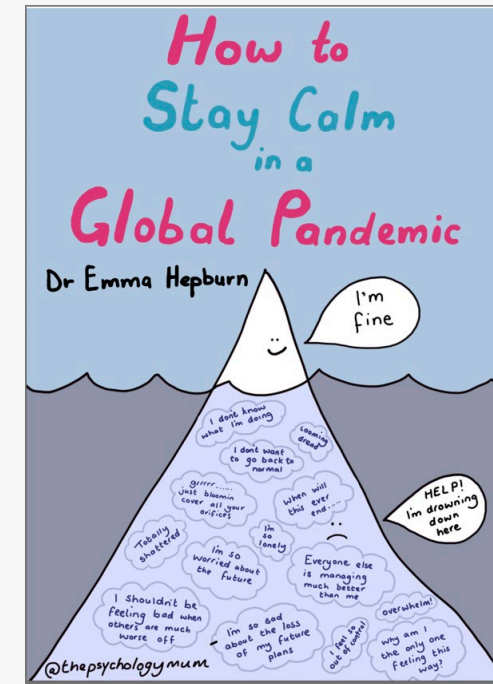
Mental health

- **How to stay calm in a global pandemic**

[Read here](#)

- **On a scale of cat, how are you feeling today?**

[Share your mood](#)



On a scale of Cat, How are you doing today?



Mental health

- **Tools for developing emotional resilience**

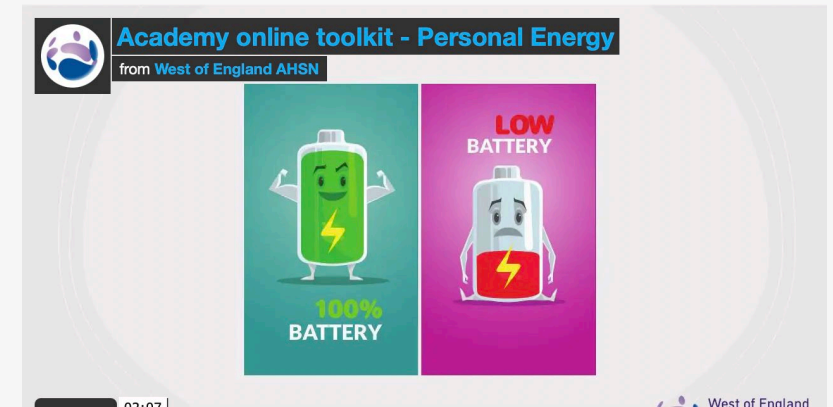
A series of short videos offering simple techniques to support personal wellbeing whilst encouraging self-reflection to help develop emotional resilience.

[Watch the videos](#)

- **Only Human: supporting wellbeing during and post COVID-19**

Materials to help you positively impact staff physical and mental health.

[Read the materials](#)

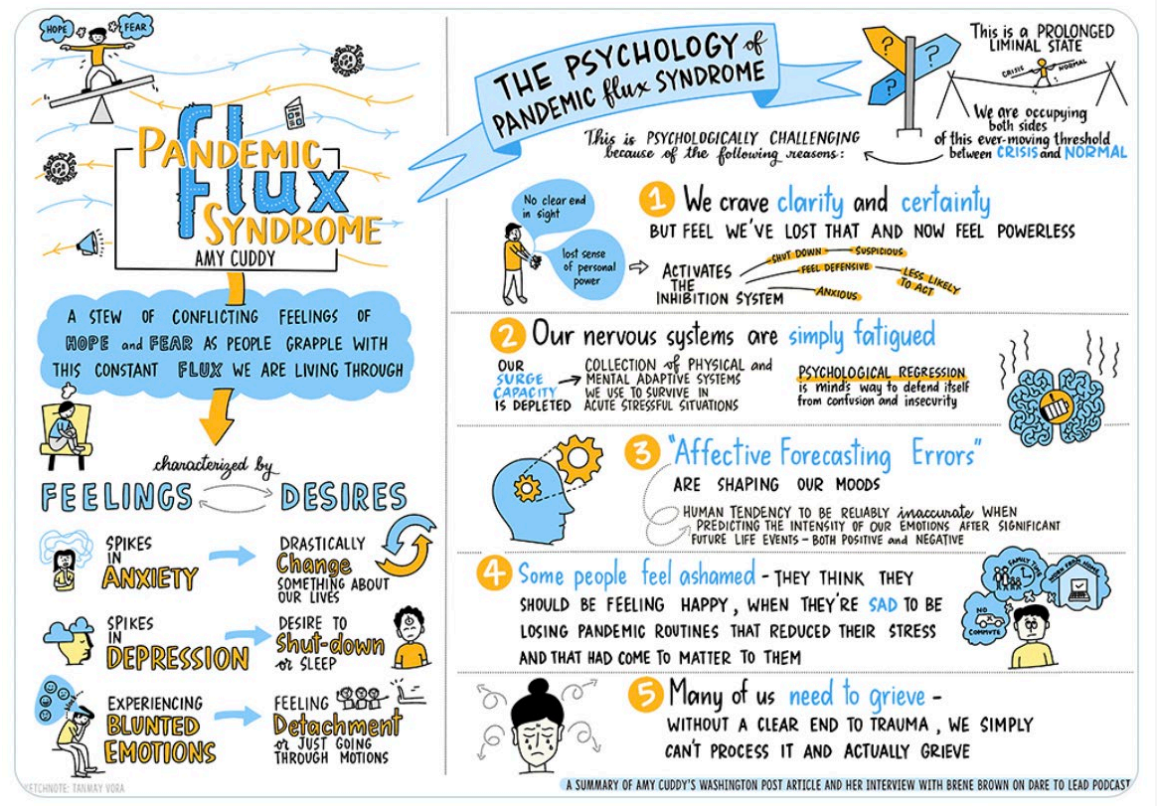


Mental health

- **Perspective: Why this stage of the pandemic makes us feel so anxious?**

Find out why so many are suffering from pandemic flux syndrome.

[Read it here](#)



Body movement

- **Pilates exercises you can do at your desk (Mind Body Green)**

Six simple Pilates-based exercises you can do in your chair that will instantly make you feel better.

[Why not try it now?](#)

- **Tips to stay active while you are at home (Sport England)**

[Find out which activity suits you](#)



Body movement

NHS exercise suggestions

Pilates

Pilates is a form of exercise that focuses on balance, posture, strength and flexibility. It's suitable for people of all ages and fitness levels.

[Try it here](#)

Yoga

Yoga focuses on strength, flexibility and breathing to boost physical and mental wellbeing. There's some evidence that [regular yoga practice](#) helps people with high blood pressure, heart disease, aches and pains (including lower back pain), depression and stress.

[Watch a Vinyasa Flow session here](#)

Gym-free workout

Includes the following workouts: Standing abs, seated yoga, chair workout, neck exercises, roller, sprinter, pillow, sofa, cardio jump, stairs, knees, cardio and back.

[Try a gym-free workout](#)



Body movement

- **The full-body resistance band workout you can do in your living room**

These are the top banded strength training exercises recommended by running coaches.

[Give it a try](#)



Support

- **Support for Psychological Wellbeing in Health and Care Workers**

A new online package to support NHS staff and healthcare students with psychological wellbeing during and after the COVID-19 pandemic.

[Take a look](#)

Psychological Wellbeing for Health and Care Workers

Mitigating the impact of COVID-19 on Psychological Wellbeing

Holly Blake & Fiona Bermingham

Support

- **CIPD People Managers' Guide to Mental Health**
[Read the good practice guide](#)

- **Mind Guide for Line Managers**
How to support the mental health of your team members
[Read the guide](#)

