

Staying well

- **Wellbeing guides (University of Southampton)**
19 self-help guides covering a range of wellbeing topics.
[Download the guides](#)

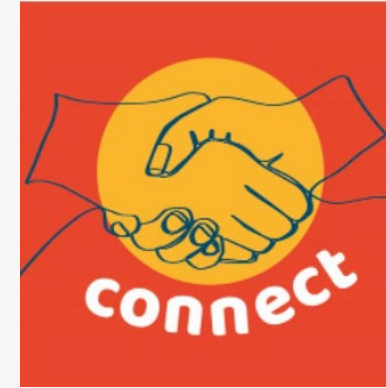


Staying well

- **5 ways to wellbeing**

Research carried out by the New Economics Foundation found that there are five ways to wellbeing. The Health in Mind website has lots of ideas on how you can introduce the five ways of wellbeing into your every day routine.

[Visit the website](#)



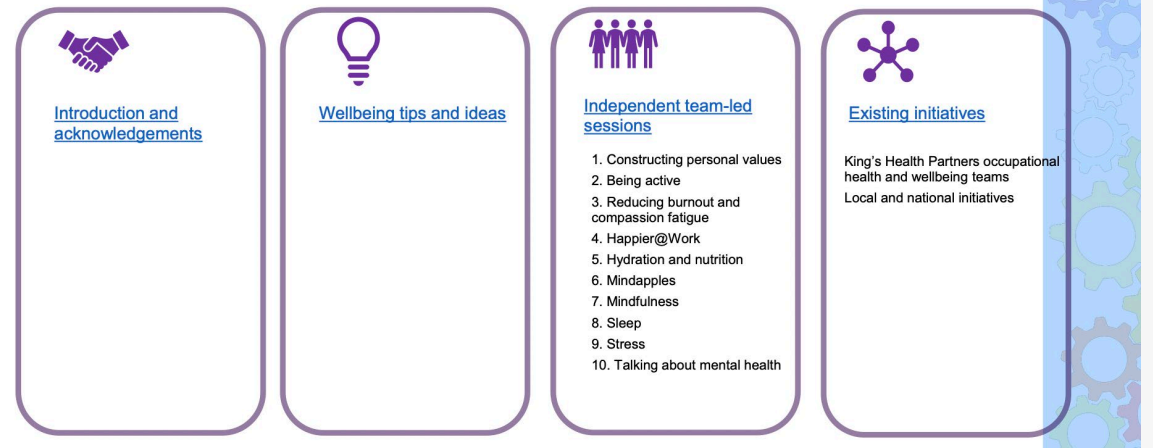
Staying well

- **Wellbeing techniques, resilience development and first aid toolkit**
The British Red Cross has a toolkit with lots of resources for resilience, wellbeing and first aid.
[Download the toolkit](#)
- **Kindness activity pack**
This engaging activity pack from the British Red Cross helps you to learn about feelings, coping skills and the power of kindness.
[Try the activity pack](#)



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](#)



Mindfulness

- **How to look after your mental health using mindfulness (Mental Health Foundation)**

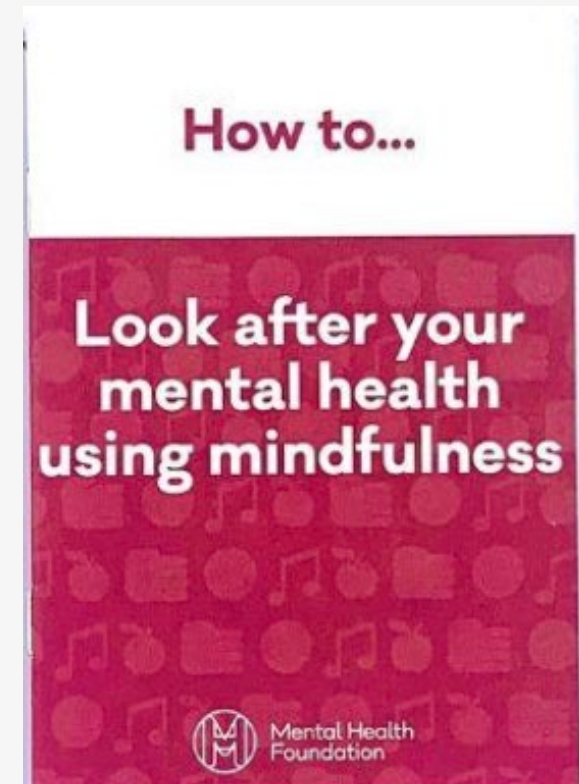
[Download the guide](#)

- **Quick tips on mindfulness (Mind charity)**

[Read about mindfulness](#)

- **Quick tips on relaxation (Mind charity)**

[Try some relaxation tips](#)

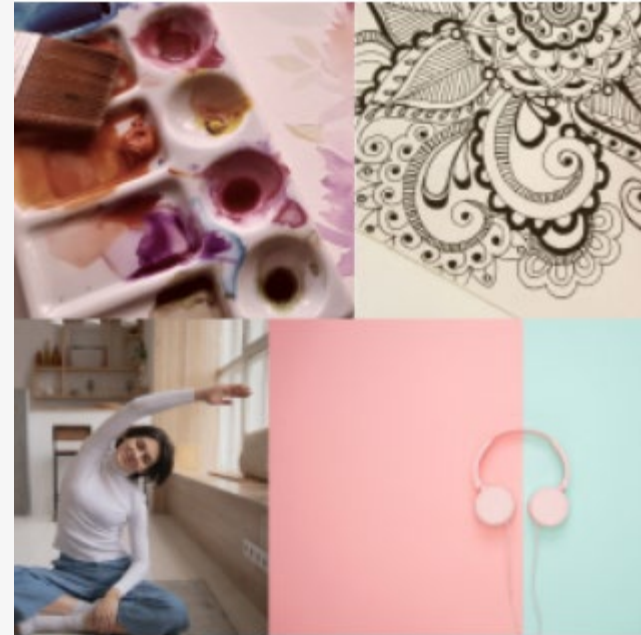


Mindfulness

- **Arts for Health Milton Keynes creative resources**

A selection of free creative resources to support your wellbeing.

[Visit the website free resources](#)



Mental health

- **Be kind to your mind**

NHS resources to make a difference to how you feel.

[Visit the website](#)

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

[Share your mood](#)



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

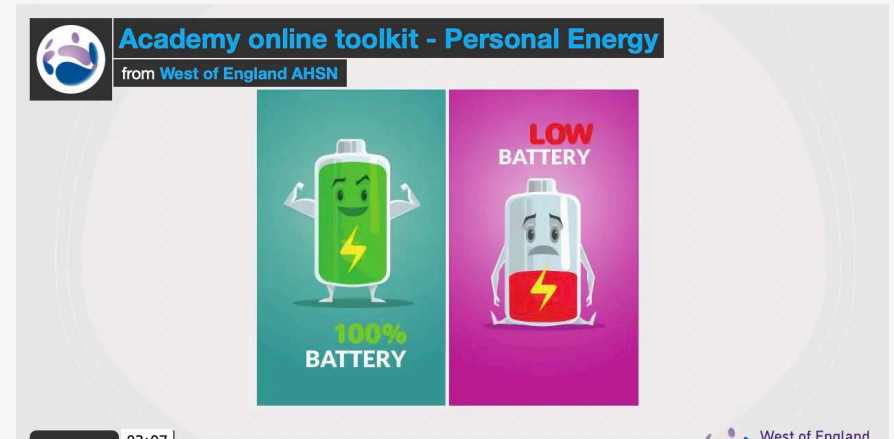


Mental health

- **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](#)



Mental health

- **Action for Happiness**

A movement of people taking action to create a happier and kinder world, together. Action for Happiness brings people together and provides practical resources.

[Visit the website](#)

**Let's take action to be
Happier and
Kinder,
Together**

Body movement

- **Pilates exercises you can do at your desk from 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 from 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 pilates 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 (Runners World)**

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

[Give it a try](#)



Support

- **Financial wellbeing resources**

Mental Health at Work has curated a selection of resources to help support the financial wellbeing of your employees and you.

[Visit the website](#)

- **Help with the cost of living**

Money Helper has brought together tools, calculators and guides to help you keep on top of your money.

[Visit the website](#)

The logo for Mental Health at Work, featuring the words "MENTAL HEALTH AT WORK" in a bold, teal, sans-serif font, stacked vertically on a white background.

**MENTAL
HEALTH
AT WORK**

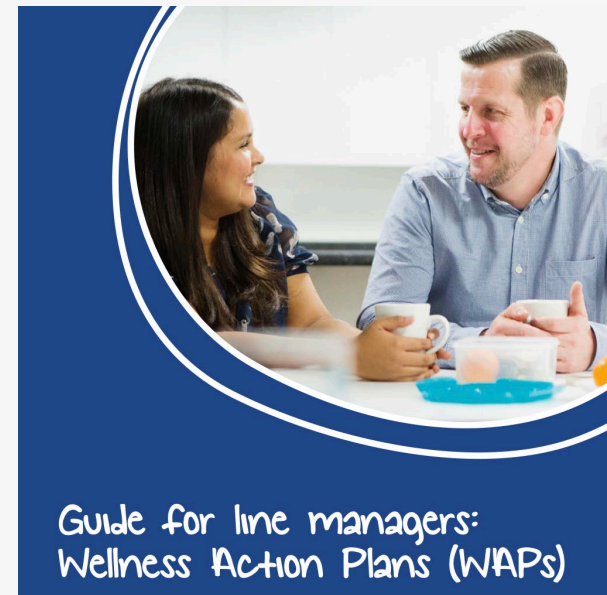
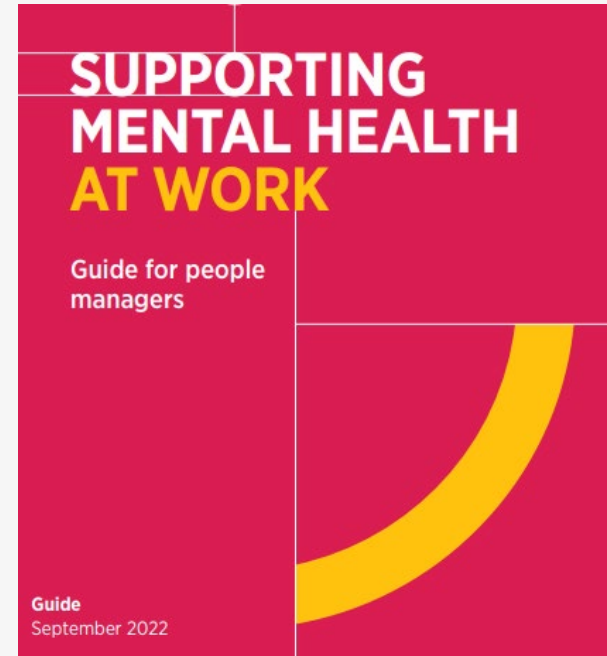
The logo for Money Helper, featuring the word "Money" in a blue, sans-serif font above the word "Helper" in a larger, bold, blue, sans-serif font. A pink arrow icon points from the "y" in "Money" towards the "H" in "Helper".

**Money
Helper**

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](#)



Support

- **Coaching conversations (West of England AHSN)**
A video introducing the coaching conversation worksheet, which contains a framework to support coaching conversations. Permission to use the GROW model granted by The Estate of Sir John Whitmore and Performance Consultants International.
[Watch the video](#)
[Download the worksheet](#)

