

Looking after Ourselves – Essential Learning

There is this brief list of tips that takes 1 minute to read:

<https://www.beyondblue.org.au/the-facts/anxiety/treatments-for-anxiety/anxiety-management-strategies>

There is this free mindfulness course on futurelearn:

https://www.futurelearn.com/courses/mindfulness-wellbeing-performance?fbclid=IwAR0mPxoSUhs1Xr87cra_R8fYbscnXo6pCl26OxshEtrBGCdk-O8luJEpF1Q

This website has all sorts of workbooks on a variety of mental health topics like worry and rumination, social anxiety etc:

<https://www.cci.health.wa.gov.au/resources/looking-after-yourself?fbclid=IwAR2pJuHE1IZsji5ZqC-WMdQdaxJoJpdWDPFFmCtKfEoa6yqeUQxVFamI7K0>

NHS Scotland has all sorts of things here, including some brief videos and specific exercises for relaxation: <https://www.nhsinform.scot/healthy-living/mental-wellbeing>

I haven't tried this but someone recommended this app for keeping calm. You get 12 months free as a health professional. The website address is www.calm.com/health. They then email you back with a code.

There are many other pay for apps too like Youper, Headspace etc etc but I have not listed them here as only suggested things that were free