

Advice for Mental Health and Wellbeing during the Coronavirus pandemic:

[Coronavirus: How to protect your mental health](#)

[Coronavirus and your wellbeing](#)

[Mental Health and Psychosocial Considerations During COVID-19 Outbreak](#)

['FACE COVID': a set of practical steps for responding effectively to the Corona crisis, using the principles of acceptance and commitment therapy \(ACT\).](#)

Working with Fear & Anxiety:

[Rick Hanson Podcast on Fear and Coronavirus](#)

[60 second Anxiety Hack](#)

[A technique to reduce very intense emotion](#)

[Meditation to calm the anxious mind](#)

[Meditation to help you feel as safe as you reasonably can](#)

[Working with Anxiety During the COVID-19 Pandemic](#)

[Coronavirus anxiety: how to cope if you're feeling anxious about the outbreak](#)

Resources for Parents:

[Helping Kids make sense of their emotions during Coronavirus](#)

[Headtalks - How to cope with your family's isolation](#)

[Podcast: Parenting in a Pandemic with Susan Kaiser Greenland](#)

[Cosmic kids Yoga](#)

Developing Resilience Through Self Compassion and Mindfulness Meditation:

[Online Seminar in developing Self Compassion in the midst of Covid 19 - Sunday April 5th](#)

[Discover the Power of Self-Compassion - 3 free video sessions](#)

[Resilience in challenging times, a care package - from the sounds true community](#)

[Livestream meditations from leading teachers in the US](#)

[Pandemic Care Resources, Tara Brach](#)

[Mindfulness Self-Care for Troubling Times](#)

[Free half day 'at home' mindfulness retreat with Jack Kornfield and Tara Brach](#)

Mindfulness & Breathing Apps:

[Insight Timer](#)

[Smiling Mind](#)

[Stop, Breathe & Think](#)

[Headspace](#)

[Calm](#)

[Coherence Heart Trainer](#) (You'll need a device to track your heart rate e.g. Polar 7)

Support Services

[Cruise - Support dealing with Grief and Bereavement](#)

[The Help Hub - Live chat support for those feeling alone and isolated](#)

Music to Uplift our Souls from the Rotterdam Orchestra:

[From Us, to You](#)

