



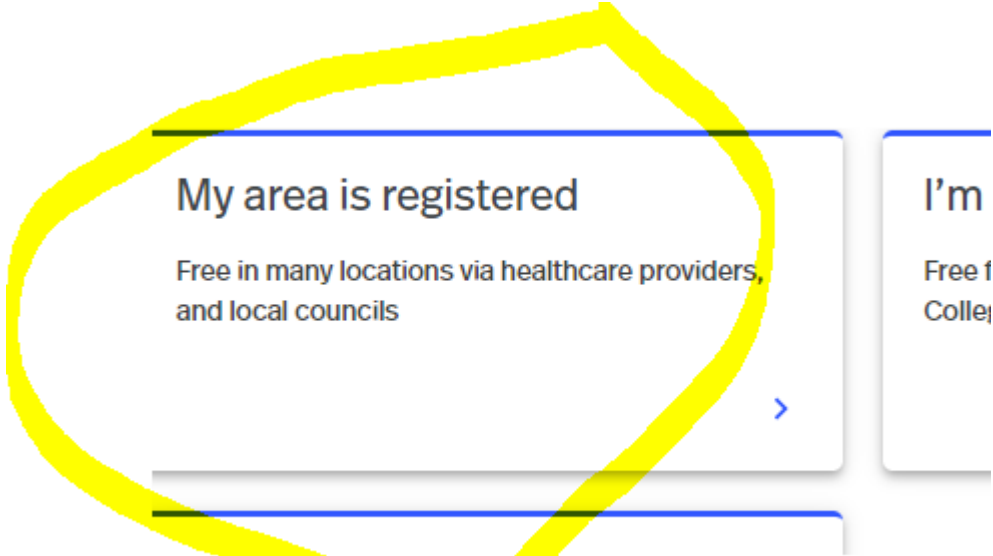
Pendle Community High School & College
Staff Well-being resources and training updated Sept 2020



Resource	Location
----------	----------

Action for Happiness Calendars and resources	https://www.actionforhappiness.org
	https://10daysofhappiness.org/
	https://www.youtube.com/playlist?list=PLv8qC1Am9cePMLbl_6G91E2rm_igjJ2x
	https://www.actionforhappiness.org/take-action
	https://www.actionforhappiness.org/10-keys-to-happier-living
	https://www.actionforhappiness.org/take-action/find-three-good-things-each-day
Action for Happiness Webinars	https://www.youtube.com/user/actionforhappiness
Mindfulness meditations	One Drive> T Drive> European projects> 2019 -2021>ready steady change various meditations
Mindfulness meditations	https://www.meditainment.com/free-meditainment
Mindfulness in the workplace	https://www.uk.uniqskills.com/en/login

<u>Resource</u>	<u>Location</u>
<p>We have purchased three courses on Daily Om for you to try if you wish. You go to dailyom.com/mycourses and then login with the email address wellbeing@pchs.lancs.sch.uk</p> <p>We have a ten day clear out (instead of a year to declutter) Tidy in Ten</p> <p>Chair yoga to get that movement in - and everyone should be able to access</p> <p>How to quiet the mind - helpful for beginners to meditation</p> <p>It does only offer up a lesson a day so unless other people have gone before you - you may have to open the next lesson yourself. This is fine because everyone can do at their own pace</p>	<p>dailyom.com/mycourses</p>
<p>Horizons: Live Streaming - Mental Health and Wellbeing - FREE</p> <p>Our Education Technologies team are hosting a live session on live streaming. Our experts will discuss the merits of why it's popular amongst young people, the associated risks and the effects live streaming can have on young people's mental health and wellbeing.</p>	<p>https://www.entrust-ed.co.uk/our-services/covid-19/training-highlights</p>
<p>Well-being during COVID 19: Information and support for families</p>	<p>https://sway.office.com/8oQ8Wc5LL02BdEID?ref=Link</p>

<u>Resource</u>	<u>Location</u>
<p>Lancashire post codes have free access to this service select this when registering</p>	<p>https://www.bigwhitewall.com/</p> 
<p>Cyber security advice</p>	<p>https://swgfl.org.uk/magazine/swgfl-cyber-security-advice-during-coronavirus/</p>
<p>St John's Ambulance well-being assessment tool</p>	<p>https://www.smartsurvey.co.uk/s/WellbeingAssessmentTool</p>

<u>Resource</u>	<u>Location</u>
MHFA England a great series with interesting guests all about mental health and well being	
Just About Coping Podcast Ruby Wax	https://www.youtube.com/watch?v=Q3II0B59yDA&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E
Just About Coping Podcast Alexander Leon	https://www.youtube.com/watch?v=PnyxKJCNOHk&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=2
Just About Coping Podcast Dr Ranj Singh	https://www.youtube.com/watch?v=TNA mTRCK3U&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=3
Just About Coping Podcast Jonny Benjamin	https://www.youtube.com/watch?v=4oW2t1TN71Y&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=4
Just About Coping Podcast Ryan Atkin	https://www.youtube.com/watch?v=B6dGOaJaFHo&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=5
Just About Coping Podcast Poppy Jaman	https://www.youtube.com/watch?v=ifB64b-h7xc&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=6
Just About Coping Podcast Tony Piper	https://www.youtube.com/watch?v=z78OYprUw1o&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=7
Just About Coping Podcast Phyll Opoku – Gyimah	https://www.youtube.com/watch?v=uF86zmqP47w&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=8
Just About Coping Podcast Dara Nasr	https://www.youtube.com/watch?v=T072XWuhmVk&list=PLdHzZRkn_RBI1b8II5gGiYJ5zETQOCI8E&index=9

<u>Resource</u>	<u>Location</u>
Food as medicine	https://www.futurelearn.com/courses/food-as-medicine
Sleep deprivation	https://www.futurelearn.com/courses/sleep-deprivation
Mindfulness for Peak Performance	https://www.futurelearn.com/courses/mindfulness-wellbeing-performance
Mental Health and well being	https://www.futurelearn.com/courses/mental-health-and-well-being
Buddhism: Diamond Sutra and Zen Meditation	https://www.futurelearn.com/courses/buddhism-and-zen?utm_campaign=
Well-being at work	https://www.futurelearn.com/courses/introduction-to-work-and-wellbeing-at-work?utm_campaign=
Digital wellbeing	https://www.futurelearn.com/courses/digital-wellbeing
Food for thought : The Relationship Between Food, Gut and Brain	https://www.futurelearn.com/courses/food-for-thought
Nutrition and well being	https://www.futurelearn.com/courses/nutrition-wellbeing
Demystifying mindfulness	https://www.futurelearn.com/courses/de-mystifying-mindfulness
Every Mind matters self-care during COVID 19	https://www.nhs.uk/oneyou/every-mind-matters/
Every Mind matters self-care during COVID 19	https://mhfaengland.org/remote-working-resources/everyone/

<u>Resource</u>	<u>Location</u>
NHS support Mental health and wellbeing	https://www.nhs.uk/conditions/stress-anxiety-depression/
NHS support Mental health and wellbeing	https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/
MIND	https://www.mind.org.uk/information-support/tips-for-everyday-living/workplace-mental-health/work-and-mental-health/#.XbBjeuhKhdg
Well-being Resources for Staff on the LCC intranet	www.lancashire.gov.uk/staff https://www.lancashire.gov.uk/applications/staff/my-health-and-wellbeing/ https://www.lancashire.gov.uk/applications/staff/my-health-and-wellbeing/resources/ https://www.lscft.nhs.uk/Mental-Health-Helpline
Mental Health Family Hour. A collaboration between Sam Tyrer, Mental Health Nurse & founder of the school education initiative Change Talks and Dave Cottrell, Mental Health First Aider, Awareness Campaigner and Mindset Coach.	https://www.youtube.com/watch?v=iVQRvSxn6gM&feature=youtu.be

<u>Resource</u>	<u>Location</u>
Resources from Virtual College – will need to sign up	https://www.virtual-college.co.uk/resources/mental-health-and-wellbeing
Resources from Virtual College	https://www.virtual-college.co.uk/courses/professional/mental-health-resource-pack
Resources from MHFA England (Mental Health First Aid)	https://mhfaengland.org/remote-working-resources/everyone/
	https://mhfaengland.org/mhfa-centre/campaigns/mhaw2018/
Public Health England	https://coronavirusresources.phe.gov.uk/now-more-than-ever-every-mind-matters/resources/
Mental Health awareness week was 18 th - 24 th May 2020 all about Kindness	https://www.rcpsych.ac.uk/news-and-features/latest-news/detail/2020/05/19/psychiatrists-reflect-on-kindness-during-mental-health-awareness-week
LAURIE SANTOS The Happiness lab. Fabulous videos and pod casts	https://www.happinesslab.fm/
Aimed at teens but still useful	https://riseabove.org.uk/
SoulPancake was created for the joy spreaders, deep thinkers, and change makers of the internet. Watch to learn more about the videos and series we make!	https://www.youtube.com/user/soulpancake

<u>Resource</u>	<u>Location</u>
The British Red Cross Mental health and coronavirus pack	https://resources.redcrossfirstaidtraining.co.uk/mental-health-and-coronavirus-pack
A whole website devoted to mental health at work	https://www.mentalhealthatwork.org.uk/
St John's Ambulance webinars	https://www.sja.org.uk/course-information/guidance-and-help/mental-health-resources/embedding-mental-health-best-practice-webinars/
Public Health England – reinforcing the message that every mind matters – especially if you're supporting others	https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool?utm_source
Identifying and Managing Personal Stress	https://lccschools.astute-elearning.com
Education Support Partnership	https://www.educationsupport.org.uk/
Thriving with Nature	Copy on one drive
Anxiety workbook	Copy on one drive
Covid 19 Mindfulness resources	Copy on one drive

<u>Resource</u>	<u>Location</u>
Apps	Headspace - https://www.headspace.com/
	Calm - https://www.calm.com/
	7 cups : https://apps.apple.com/gb/app/7-cups-anxiety-stress-chat/id921814681
	SAM - https://apps.apple.com/gb/app/self-help-for-anxiety-management/id666767947
	Well mind NHS App and tools to improve your mental health and boost your wellbeing. MindShift - www.dwmh.nhs.uk wellmindMindshift https://healthyyoungmindspennine.nhs.uk/resource-centre/apps/mindshift/
	Insight Timer - https://insighttimer.com/
	Clear Fear - https://www.clearfear.co.uk/
	Stress heads (the mix) - https://www.themix.org.uk/apps-and-tools/stressheads
	Worriots - https://www.worriots.com/
	Chill Panda - https://www.nhs.uk/apps-library/chill-panda/

<p>[Redacted]</p>	<p>Smiling Mind - https://www.smilingmind.com.au/smiling-mind-app</p>
<p>[Redacted]</p>	<p>Think Ninja - https://www.healios.org.uk/services/thinkninja1</p>
<p>On line community</p> <p>In these extraordinary times of uncertainty, anxiety, and stress, taking care of your well-being is more important than ever.</p> <p>Thrive Global gives you everything you need to build physical immunity, strengthen mental resilience.</p> <p>[Redacted]</p>	<p>https://thriveglobal.com/</p>
<p>On line community</p> <p>Rupy Aujla Welcome to The Doctor's Kitchen! I'm Rupy, a medical doctor specialised in General Practice, I also do a bit of Emergency Medicine and I'm a firm believer in the power of food and lifestyle change as medicine.</p>	<p>https://thedoctorskitchen.com/</p>
<p>On line community</p>	<p>Mind@work</p> <p>https://www.mind.org.uk/workplace/mental-health-at-work/</p> <p>[Redacted]</p>