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**Pendle Community High School & College**

**Staff Well-being resources and training updated 14th Nov 2022**

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| **Resource**  | **Location**  |

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| **Action for Happiness Calendars and resources**  | [https://www.actionforhappiness.org](https://www.actionforhappiness.org/meaningful-may) |  |
|  | <https://10daysofhappiness.org/> |  |
|  | <https://www.youtube.com/playlist?list=PLv8qC1Am9cePMLbI_6G91E2rm_igigJ2x> |  |
|  | <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>  |  |
| **Resource**  | **Location** |  |
| 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****We have a ten day clear out (instead of a year to declutter) Tidy in Ten****Chair yoga to get that movement in - and everyone should be able to access****How to quiet the mind - helpful for beginners to meditation**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 | dailyom.com/mycourses |  |
| **Resource**  | **Location**  |  |
| **Lancashire post codes have free access to this service** **select this when registering**  | <https://www.bigwhitewall.com/> |  |
| **Cyber security advice**  | <https://swgfl.org.uk/magazine/swgfl-cyber-security-advice-during-coronavirus/> |  |
| **St John’s Ambulance well-being assessment tool**  | <https://www.smartsurvey.co.uk/s/WellbeingAssessmentTool> |  |
| **Resource**  | **Location**  |  |
| **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=Q3Il0B59yDA&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E> |  |
| Just About Coping Podcast Alexander Leon  | <https://www.youtube.com/watch?v=PnyxKJCNOHk&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=2> |  |
| Just About Coping Podcast Dr Ranj Singh | <https://www.youtube.com/watch?v=_TNAmTRCK3U&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=3> |  |
| Just About Coping Podcast Jonny Benjamin  | <https://www.youtube.com/watch?v=4oW2t1TN71Y&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=4> |  |
| Just About Coping Podcast Ryan Atkin  | <https://www.youtube.com/watch?v=B6dGOaJaFHo&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=5> |  |
| Just About Coping Podcast Poppy Jaman  | <https://www.youtube.com/watch?v=ifB64b-h7xc&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=6> |  |
| Just About Coping Podcast Tony Piper  | <https://www.youtube.com/watch?v=z78OYprUw1o&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=7> |  |
| Just About Coping Podcast Phyll Opoku – Gyimah  | <https://www.youtube.com/watch?v=uF86zmqP47w&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=8> |  |
| Just About Coping Podcast Dara Nasr  | <https://www.youtube.com/watch?v=T072XWuhmVk&list=PLdHzZRkn_RBl1b8lI5gGiYJ5zETQOCI8E&index=9> |  |
| **Resource**  | **Location**  |  |
| **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> |  |
| **Resource**  | **Location**  |  |
| **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> <https://www.mind.org.uk/information-support/types-of-mental-health-problems/stress/developing-resilience>  |  |
| **Well-being Resources for Staff on the LCC intranet** | [www.lancashire.gov.uk/staff](http://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> |  |
| **Resource**  | **Location**  |  |
| **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/> |  |
| **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> |  |
| **Resource**  | **Location**  |  |
| **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](https://lccschools.astute-elearning.com/) |  |
| **Education Support Partnership**  | <https://www.educationsupport.org.uk/> <https://www.educationsupport.org.uk/coronavirus-support>  |  |
| **Thriving with Nature** | **Copy on one drive**  |  |
| **Anxiety workbook** | **Copy on one drive** |  |
| **Resource**  | **Location** |  |
| **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](http://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> |  |
|  | **Worrinots** - <https://www.worrinots.com/> |  |
|  | **Chill Panda -** <https://www.nhs.uk/apps-library/chill-panda/> |  |
|  | **Smiling Mind -** <https://www.smilingmind.com.au/smiling-mind-app> |  |
|  | **Think Ninja** - <https://www.healios.org.uk/services/thinkninja1> |  |
| **On line community**In these extraordinary times of uncertainty, anxiety, and stress, taking care of your well-being is more important than ever.Thrive Global gives you everything you need to build physical immunity, strengthen mental resilience. | <https://thriveglobal.com/> |  |
| **On line community**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. | <https://thedoctorskitchen.com/>  |  |
| **On line community**  | [Mind@work](https://mind-charity.org.uk/CZC-71M5T-29E7J6-477ZB7-1/c.aspx) <https://www.mind.org.uk/workplace/mental-health-at-work/> |  |
| **Primal Play Darryl Edwards** | <https://www.primalplay.com/> **Movement for joy, movement for life** <https://www.youtube.com/watch?v=NoN2b-b2c0o> **Why Working Out Isn't Working Out** |  |
| **Optimus**  | <https://my.optimus-education.com/covid-19-and-young-peoples-wellbeing-school-support?utm_source=Memberships&utm_medium=email&utm_campaign=Memberships-FreeResources-131120>  |  |
| **CAMHS**  | <https://www.camhs-resources.co.uk/?fbclid=IwAR3f1eJUMtsjqJvTbaDzUn5e11dYfonsX70KsBg4MNaExbDgRRtkbQcdy08>  |  |
| **WHAT IS WELLBEING LANCASHIRE?**It is a collaboration of professional wellbeing businesses; public sector organisations; non-profit and charities who have come together to make wellbeing a top priority for Lancashire. Wellbeing Lancashire is for individuals, communities, businesses and organisations, to help create a culture where we can all thrive. | <https://wellbeinglancashire.org.uk/> |  |
| **Welbee**  | Resilience Essentials Handbook for Schools  |  |
| **Healthier Lancashire and Cumbria**  | <https://www.healthierlsc.co.uk/MentalHealthSupport>  |  |
| **Cruse Bereavement care**  | <https://www.cruse.org.uk/get-help/for-schools>  |  |
| **Anna Freud Centre**  | [https://mentallyhealthyschools.org.uk/resources/reframing-thoughts-activity-for-school-staff/#](https://mentallyhealthyschools.org.uk/resources/reframing-thoughts-activity-for-school-staff/)  |  |
| **Mental health at Work**  | <https://www.mentalhealthatwork.org.uk/toolkit/ourfrontline-education/>  |  |
| **Centre for Mental Health**  | Booklet |  |
| **BBC** An original four-part series, Mindful Earth is about the extraordinary power of nature and mindfulness to ground us when we need a break from the hustle and bustle of the modern world. **Written by Headspace co-founder Andy Puddicombe**, each themed episode is an excursion that blends soothing narration with breathtaking visuals from around the world. | <https://www.headspace.com/bbc> <https://www.bbc.co.uk/programmes/m000mf8k/episodes/player>  |  |
| **BBC Headroom**  | <https://www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TlXBj/your-mental-health-toolkit>  |  |
| **Oren Jay Sofer** **Develop a clear mind and a strong heart. Subscribe to receive 6 free meditations**Find inner clarity and learn to meet life’s challenges with more balance through meditation and mindful communication. Author and meditation teacher Oren Jay Sofer offers a unique and pragmatic approach to contemplative practice. His work combining decades of formal training in ancient Buddhist meditation with more contemporary disciplines of Nonviolent Communication and Somatics. **Wise Speech: An Introduction to Mindful Communication- 6-week course (Free, donations welcome)**  | <https://www.orenjaysofer.com/> <https://www.orenjaysofer.com/schedule/wisespeech-2021>  |  |
| **LCC** Stress and Resilience (4 minutes)Resilience in the Workplace: The 7 components of resilient people. (6 minutes)Building Personal Resilience (2 minutes) | <https://www.youtube.com/watch?v=fqkkQxvwzoM> <https://www.youtube.com/watch?v=l73F4j1Xa0Q> <https://www.youtube.com/watch?v=pS5H7VfkuPk> <https://www.lal.ac.uk/what-we-do/health-wellbeing/>  |  |
| Mental Health Support Service. This can be accessed from either of these two organisations: <https://able-futures.co.uk/> <https://www.remploy.co.uk/> <https://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/keeping-physically-healthy/>  | 0800 321 31370300 456 8110 |  |
| **Mental health Foundation**  | <https://www.mentalhealth.org.uk/a-to-z/s/stres>  |  |
| **Lancashire and South Cumbria NHS Foundation Trust**  | <https://www.lscft.nhs.uk/Mental-Health-Helpline> <https://www.lscft.nhs.uk/Mindsmatter> <https://www.lscft.nhs.uk/silvercloud>  |  |
| **NHS** | <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/> <https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/> <https://www.nhs.uk/oneyou/every-mind-matters/sleep/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>  |  |
| **Independent health and care apps Reviews** List of apps evaluated by the Mental Health Foundation. Please be aware there may be charges for some of these Apps. | <https://orchahealth.com/>  |  |
| **The Be Mindful organisation**Online mindfulness course ( not free)  | <https://www.bemindfulonline.com/>  |  |
| **One moment meditation** | <https://www.youtube.com/watch?v=F6eFFCi12v8>  |  |
| **Alison Courses** Be Kind to your mind | <https://alison.com/>  |  |
| **Helen Russell** **WHY SADNESS MATTERS**What Happens look like around the world  | [www.helenrussell.co.uk](http://www.helenrussell.co.uk) <https://podcasts.apple.com/podcast/how-to-be-sad-with-helen-russell/id1550928939> <https://www.youtube.com/watch?v=oQlzzNPzIS8>  |  |
| This Too Shall PassStories of Change, Crisis and Hopeful Beginnings | <https://juliasamuel.co.uk/> Grief Works Interactive App**Be supported through your grief**Learn how to manage your most painful emotions – from anxiety, to guilt, to anger. Develop everyday routines which ground and soothe you. Discover how to have honest, helpful conversations about death to get the support you need.What HelpsPillars of StrengthThese basic guidelines are ways to think about what helps us, at such a difficult time in our life. Grief, whether from death or a living loss, requires the commitment, of regularly doing things that help us, physically and emotionally. |  |
| **Character and Happiness** **Character Lab**Angela Duckworth is founder and C.E.O. of [Character Lab](https://characterlab.org/), a nonprofit  | <https://www.youtube.com/watch?v=c2Yyt9mw55I> <https://characterlab.org/> <https://freakonomics.com/nsq/> - No stupid questions <https://angeladuckworth.com/grit-book/>  |  |
| **Better Health** helping everyone look after their mental wellbeing | NHS see posters around school and sent to all staff  |  |
| **Lancashire Emotional Health in Schools** | <https://wp.lancs.ac.uk/lehsc/resources-for-parents/>  |  |
| **John Magee The Kindness Coach**  | Sign up to the newsletter [www.kindnessmatters.co.uk](https://thekindnesscoach.lt.acemlna.com/Prod/link-tracker?redirectUrl=aHR0cHMlM0ElMkYlMkZ0aGVraW5kbmVzc2NvYWNoLm1lJTJG&sig=7Fdm5iZLM8ULFqC7KPbsnX4FBmjuvZW9qgQYcNpjaAgM&iat=1635838244&a=%7C%7C224127543%7C%7C&account=thekindnesscoach%2Eactivehosted%2Ecom&email=InZbWapUn%2FLdOcC9sqFOsC%2Bf%2BGr8g%2F5sFC%2BarqF0p9g%3D&s=b70ae01204aa6b099e53527c5ced7427&i=370A397A7A3374) |  |
| **Yes futures well being guides** | <https://www.yesfutures.org/>  |  |
| **Alison Courses**  | Improve your Mental health free courses <https://alison.com/tag/mental-health?utm>  |  |
| **The PERMA approach to staff wellbeing**  | <https://blog.optimus-education.com/perma-approach-staff-wellbeing?utm>  |  |
| **Healthy Minds Innovations** **Center for Healthy minds** **Healthy Minds free app** | <https://centerhealthyminds.org/news/research-clues-in-on-the-how-of-emotional-health-in-daily-life> <https://hminnovations.org/> <https://hminnovations.org/meditation-app>  |  |
| **10 Ways to Take Care Of Yourself During a Stressful News Cycle** | <https://thriveglobal.com/stories/how-to-take-care-of-yourself-stressful-news-tips/?utm_source=Newsletter_General&utm_medium=Thrive>  |  |
| **Every Mind Matters Loneliness support**  | <https://www.nhs.uk/every-mind-matters/lifes-challenges/loneliness/>  |  |
| **Thrive Global Loneliness support**  | <https://thriveglobal.com/stories/how-to-deal-loneliness-doctor-tips-mental-health/?utm_source=Newsletter_General&utm_medium=Thrive>  |  |
| **Thrive Global Having a Positive attitude**  | <https://thriveglobal.com/stories/how-having-a-positive-attitude-can-help-you-better-handle-stress/?utm_source=Newsletter_General&utm_medium=Thrive>  |  |
| **World Sleep Day on the 18th March 2022**  | <https://campaignresources.phe.gov.uk/schools/resources/every-mind-matters-self-care-tool?WT.mc_id=BH_Schools_EVERFI_MARCH22_SLEEPEMAIL_CRC_getyourmindplan>  |  |
| **Songs that help us stay calm**  | <https://thriveglobal.com/stories/songs-that-help-relieve-stress-joy-nostalgia-music/?utm_source=Newsletter_General&utm_medium=Thrive>  |  |
| **April 2022 is stress awareness month**  |   |  |
| **Education support Partnership** | <https://www.educationsupport.org.uk/resources/for-individuals/guides/dealing-with-stress-and-trauma-for-staff-in-education-settings/?utm_source=newsletter&utm_medium=email+&utm_campaign=newsletter-april-22> <https://www.educationsupport.org.uk/resources/for-individuals/videos/looking-after-our-sleep/?utm_source=newsletter&utm_medium=email&utm_campaign=April22><https://www.educationsupport.org.uk/resources/for-individuals/guides/how-to-handle-stress/?utm_source=newsletter&utm_medium=email+&utm_campaign=newsletter-april-22>  |  |
| **Mind at work** |  <https://mind.turtl.co/story/mindwork-march-2022/page/2/2?utm_source>=  |  |
| **LCC** **Workplace wellbeing website -**As part of the new contract you have access to a free workplace wellbeing website and app. These free resources can be accessed via the [occupational health website](https://schoolsportal.lancsngfl.ac.uk/view_sp.asp?siteid=5859&pageid=52466&e=e). The content, which includes podcasts and videos, is updated regularly, and gives inspiration and ideas to support your mental and physical health. It also supports referring managers, providing advice on making a referral to OH, guidance notes on common health conditions that affect an employee's ability to attend work and information on typical recovery times along with examples of reasonable adjustments that can be used to support employees. | <https://my.workplacewellbeing.com/>  |  |
| **Digitally Healthy Schools** search for safe and tested apps for all aspects of physical and mental health. Tested by The Organisation for the Review of Care and Health Applications (ORCHA)  | To create your own account - go to the site, click sign up, enter your details and add your school's upgrade code PCHSDHS001 (this code is for staff only)<https://pchs-lancs.digitalhealthyschools.co.uk/>Watch this overview/ ‘how-to’ video <https://youtu.be/z-3irjw7sIM>  |  |
| **Thriveglobal**We Are Here to Live a “What Is” Life, Not a “What If” Life.*When we focus on what is possible, we can work toward it so that we can unlock our potential and truly experience the world around us* | <https://thriveglobal.com/stories/we-are-here-to-live-a-what-is-life-not-a-what-if-life/>  |  |
| **Lancashire Emotional Health in Schools** A key focus for our offer from September 2022 onwards will be on supporting the mental health and wellbeing of school and college staff. Our plans for the Autumn term and beyond include the following free bookable sessions: • A full day face-to-face training session for senior staff and wellbeing leads on developing ways to support staff wellbeing in your setting. • A full day face-to-face training session on staff supervision and developing supervision systems in your setting. • Monthly group supervision meetings for wellbeing leads focusing on supporting the implementation of staff wellbeing initiatives. • Weekly individual staff-focused wellbeing consultation meetings. These will be offered as a block of up to three meetings with a member of the LEHSS team, and will aim to offer direct, focused support to any member of staff who is in need of support and advice around their own or someone else’s wellbeing. | <http://wp.lancs.ac.uk/lehsc/>  |  |
| **Tapping and Energy medicine**  | [https://www.thetappingsolution.com/2022VideoSeries/meditation-stress-and-overwhelm-1time.php#](https://www.thetappingsolution.com/2022VideoSeries/meditation-stress-and-overwhelm-1time.php)<https://www.thetappingsolution.com/2022VideoSeries/meditation-anxiety-and-worry.php><https://www.thetappingsolution.com/2022VideoSeries/meditation-anger-to-peace.php><https://www.youtube.com/watch?v=Xrz2dor7P3g><https://www.youtube.com/watch?v=Di5Ua44iuXc&t=125s>  |  |
| **Thrive Global** **The Benefits of Living in the Moment*****How unplugging from our technology can lead to widespread and unexpected benefits*** | <https://thriveglobal.com/stories/>  |  |
| **Thrive Global**10 Simple Tips to Help You Get the Sleep You Need This Summer***Strategies to help you feel well rested and energized, all summer long*** | <https://thriveglobal.com/stories/>  |  |
| **Thrive Global**Changing habits  | <https://thriveglobal.com/stories/>  |  |
| **Thrive Global**Richard Kennedy’s Advice for Reducing Stress | <https://thriveglobal.com/stories/>  |  |
| **Thrive Global**How to Incorporate Self-care Into Your Everyday LifeCarving out time for the things that bring us joy can help us reset and recharge. | <https://thriveglobal.com/stories/>  |  |
| **Employee Assistance programme**  | <https://www.educationsupport.org.uk/resources/for-individuals/articles/7-ways-to-feel-good-this-school-year/?utm_source=newsletter&utm_medium=email+&utm_campaign=EAPnewsletter-sept22> 08000 856 148 |  |
| **NHS** | <https://www.nhs.uk/mental-health/self-help/tips-and-support/mindfulness/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/mental-wellbeing-audio-guides/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/breathing-exercises-for-stress/> <https://www.nhs.uk/conditions/nhs-fitness-studio/bedtime-meditation/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/depression-anxiety-self-assessment-quiz/> <https://www.nhs.uk/oneyou/every-mind-matters/sleep/> <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>  |  |
| **Digitally Healthy Schools** search for safe and tested apps for all aspects of physical and mental health. Tested by The Organisation for the Review of Care and Health Applications (ORCHA)  | To create your own account - go to the site, click sign up, enter your details and add your school's upgrade code PCHSDHS001 (this code is for staff only)<https://pchs-lancs.digitalhealthyschools.co.uk/>Watch this overview/ ‘how-to’ video <https://youtu.be/z-3irjw7sIM>  |  |
| **World mental health awareness day**  | <https://www.youtube.com/watch?v=27yaXhB_Kg4>  |  |
| **How to be mentally healthy at work** | <https://www.mind.org.uk/information-support/tips-for-everyday-living/how-to-be-mentally-healthy-at-work/work-and-stress/?utm_source=turtl&utm_medium=referral&utm_campaign=mind@work-oct-22>  |  |
| **Get your free Mind Plan** | <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/your-mind-plan-quiz/>  |  |
| **Nourishing meals for Autumn**  | <https://community.thriveglobal.com/nourishing-fall-dishes-healthy-comfort-recipes/?utm_source=Newsletter_General&utm_medium=Thrive>  |  |
| **Meaningful connections in relationships**  | <https://community.thriveglobal.com/not-much-matters-without-the-meaning-that-comes-from-our-relationships/?utm_source=Newsletter_General&utm_medium=Thrive>  |  |