



# 15 FREE Ways To Relax, Feel Good & Look After Yourself During Lockdown

## Pay Attention to the Present Moment

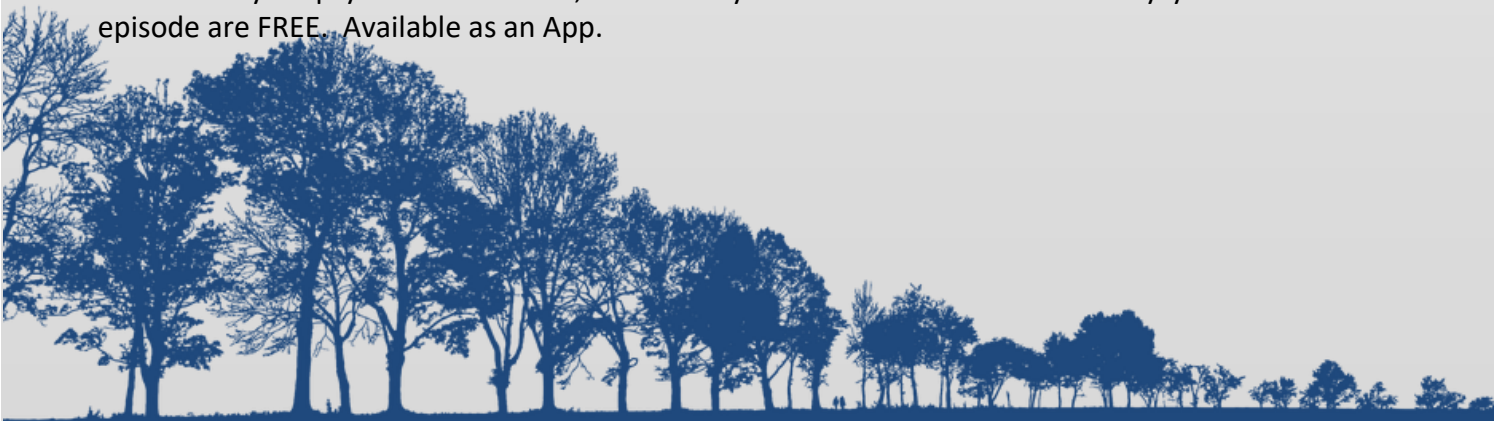
Remember an empty tank will take you nowhere, so make sure you refuel...

- **Meditation: Insight Timer** - has over 30,000 FREE Guided Meditations. Also available as an APP  
Website: <https://insighttimer.com/>
- **Meditation: Normally Calm** - has limited FREE options. FREE Mindfulness Resources and Mediations via the website: <https://www.calm.com/blog/take-a-deep-breath>
- **Mindfulness: Headspace** - Known as a gym membership for the mind. It has a FREE basics course that will teach you all the essentials of mindfulness. Weathering the Storm, to help those who may be struggling during COVID. Website: <https://www.headspace.com/register>
- **Mindfulness: Apps for Children** - [Zen Studio mindfulness for kids](#) - Colour geometric shapes while listening to calming music. [Wellbeyond Kids Mindfulness Meditation](#) - focuses on sleep, kindness, feelings, focus and centring.
- **Colouring & Drawing** - Mellow out with some simple adult colouring to help you block out all that's going on and truly focus on the present. [JustColor.net](#) has over 1,500 free colouring drawings.

## Be Physically Active for FREE

Focus on fitness that is good for the mind as well as the body...

- **Yoga** - With Adriene is a popular channel for all kinds of levels. Try the 30 day Yoga challenge. Website: <https://www.youtube.com/user/yogawithadriene>
- **More Yoga** - FREE sessions including Low Mobility, Destress and Decompress, Baby and Me and Yoga Jam with live musicians Slow Down and Surrender. Website: <https://www.youtube.com/channel/UCsBZquOOsNPrQyUNh30rhiA/videos>
- **Walking, Running or Cycling** - People often recommend going for a walk or run to lift your spirits. A podcast by the NHS called 'Couch to 5k' is a nine-week programme which gradually lets you work towards a 5k run. Available as an App.
- **Starva** - Is an App people use to track their journeys when walking, running or cycling.. The social side works well too, it's easy to check out each other activities and offer encouragement. Available as an App.
- **The Walk** - For more interactive fun, there is a fitness tracker called the walk . It's a interactive story game where every step you make counts, the more you walk the more of the story you unlock. The 1st 5 episode are FREE. Available as an App.





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## Learn a New Skill

### Some examples of what you can do for FREE...

- **Photography Classes** - Nikon are offering a FREE online photography course via video calls via its Nikon School Online. Each Class lasts 2 hours including Getting Started with DSLR, The Art of Photography.
- **Learn a Language** - FREE Learning Tool Duolingo, via Apple App, Android or Windows. Pick up and practice phrases from a mix of learning methods. Website: <https://www.duolingo.com/errors/not-supported.html>
- **Create and Cook New Recipes** - Discover coking again. Find tasty recipes on BBC Good Food, Jamie Oliver, Joe Wicks the Body Coach and popular videos tutorials at Tasty.
- **Gardening** - Be at one with nature and get yourself some green fingers. The University of Cambridge has released a Blog on: Gardening and Wellness: Connect to nature during lockdown. Explore a virtual tour of it botanical garden, join it's weekly garden club with its Horticultural Learning Coordinator Sandie Cain, showing you how to grow your own veg.
- **Get a FREE Qualification** - The World Wide Web really has everything. You can gain an industry recognised qualification from the comfort of your own home through Open Learn, which has almost 1,000 FREE Online Courses. Website: <https://www.open.edu/openlearn/free-courses>



All information & many more apps are available on the website:

<https://www.moneysavingexpert.com/deals/deals-hunter/2020/04/free-ways-to-relax-feel-good/>

### Occupational Health



The OH service offers a range of therapies and courses to colleagues. We also offer a self referral option to these resources.

For more info please call 01524 512290 or email [occhealth.referrals@mbht.nhs.uk](mailto:occhealth.referrals@mbht.nhs.uk)

### Mental Health First Aiders



We currently have 54 Mental Health First Aiders in our Trust to support and signpost anyone to appropriate help if required.

Please visit <http://uhmb/cd/ohwe/Pages/Mental-Health-1st-Aiders.aspx> to find out who our MHFA are.