

Here are some easily accessible resources linked to the topics discussed in the short workshop. Hopefully they will refresh your understanding and help you to enhance your own wellbeing and resilience as well as that of family, friends and clients.

**Wellbeing**

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

**Mindfulness**

Link to a range of different audio resources for guided mindfulness sessions of lengths from 3 to 50 minutes.

<http://www.freemindfulness.org/download>

**Resilience**

<https://www.skillsforcare.org.uk/Documents/Topics/Mental-health/Resilience-Section-4-What-can-individuals-do.pdf>

**Strengths Based Approach**

<https://www.scie.org.uk/strengths-based-approaches/guidance>

**Kate Blackwell**

***Senior Wellbeing Coordinator***

*Usual working days Monday to Wednesday*

**Tel:** 01223 300460 / **Mob:** 07436 263 347

**Website:** [**https://care-network.org.uk/**](https://care-network.org.uk/)