

Relaxation resources

Calm

<https://www.calm.com/blog/take-a-deep-breath>

Calm has handpicked some of their favourite meditations, sleep stories, movement exercises, journals, and music. All of the resources on the link are free to use, and to share.

Mind

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#collapse868b4>

Mind have updated their website for maintaining wellbeing throughout Coronavirus.