

Relaxation

Make a self soothe box - <https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>
<https://www.stopbreathethink.com/meditations/>
<https://self-compassion.org/category/exercises/#guided-meditations>

If you search on YouTube 'guided relaxation' 'mindfulness' or 'grounding techniques'

Mental health charity support pages

<https://www.mind.org.uk/information-support/coronavirus/coronavirus-and-your-wellbeing/#PracticalAdviceForStayingAtHome>
<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/#>
<https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

Self-help guides for managing feelings

<http://copingwithcoronavirus.co.uk/self-help-guides.html>
<https://www.baps.org.uk/content/uploads/2020/03/FACE-COVID-by-Russ-Harris-pdf-pdf.pdf>
<https://www2.hse.ie/wellbeing/mental-health/minding-your-mental-health-during-the-coronavirus-outbreak.html>

Videos for managing feelings

<https://www.youtube.com/watch?v=IsJus1R15Ds&app=desktop->
<https://www.youtube.com/watch?v=D8GJ3ZOpd44>
<https://www.youtube.com/watch?v=BmvNCdpHUyM>

Helplines

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Apps

Headspace

ACT Compassion – the happiness trap – coping with feelings by connecting to what matters

Reach worry time – helping to manage worries

Thrive inside – coping with difficult feelings

Talking to children

<https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20illness.pdf> – talking to children about illness

<https://learning.nspcc.org.uk/safeguarding-child-protection/how-to-have-difficult-conversations-with-children/> - having difficult conversations with children

<https://riseandshine.childrensnational.org/covid-19-faqs-for-kids/> - COVID-19 FAQs for kids

Using stories to talk to children

<https://www.mindheart.co/descargables> - short book to support and reassure our children, under the age of 7, regarding the COVID-19. This book is an invitation for families to discuss the full range of emotions arising from the current situation.

<http://stgeorgesrc-york.org.uk/wp-content/uploads/2020/03/Stay-at-home-superhero-story.pdf>

Relationships

<https://www.relate.org.uk/covid-19-our-advice-and-tips-healthy-relationships#.XnsqrVj3EVg.email> – coping with relationships during isolation