



# HEALTH & WELLBEING

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## Mental Health

During times of uncertainty or when there are things outside of our control, it is natural to feel worried or upset. Here are some useful links to websites and apps which can support your mental wellbeing during this time and in future;

Debbie Roche, Board member, has shared some links which she finds useful with us. Feel free to get in touch and share what helps you!

[www.headspace.com/](http://www.headspace.com/)  
[www.actionforhappiness.org/10-keys-to-happier-living](http://www.actionforhappiness.org/10-keys-to-happier-living)  
[www.blurritout.org/resource/mental-health-toolkit/](http://www.blurritout.org/resource/mental-health-toolkit/)  
[www.mindapples.org](http://www.mindapples.org)  
[www.malevoiced.com/useful-apps](http://www.malevoiced.com/useful-apps)

## Lifestyle

It is important to take care of yourself and your family. The following links have some tips that you may find useful, but at the moment, it's most important to look after yourself, and just do your best, with no added pressure to make drastic changes to your diet and lifestyle.

### Tips for keeping healthy

[www.oneyouplymouth.co.uk/2020/04/23/tips-for-eating-healthily-and-avoiding-weight-gain-whilst-self-isolating/](http://www.oneyouplymouth.co.uk/2020/04/23/tips-for-eating-healthily-and-avoiding-weight-gain-whilst-self-isolating/)

**Random ingredients that need using? No problem! Enter your ingredients in the website and it will give you recipes that you can make.**

[www.supercook.com/](http://www.supercook.com/)

**Top tips from a GP.** These tips may not be suitable for everyone  
[www.bupa.co.uk/newsroom/ourviews/staying-healthy-lockdown](http://www.bupa.co.uk/newsroom/ourviews/staying-healthy-lockdown)