



COVID-19: Taking Care of Your Health & Wellbeing



Your Health and Wellbeing

During this difficult time, we understand that you might be feeling a lot of pressure - which means that now more than ever you should make sure to take the time to look after your Health and Wellbeing. In order to lend a helping hand, Milk Education have put together the following list of helpful resources and tips to make things just a little bit easier for you.

Helpful Resources

It can be hard staying positive when things get tough, so we've put together a list of resources that may help to make your life a little bit less stressful over the coming weeks:

Teaching from Home Resources

<https://www.twinkl.co.uk/>
<https://edu.google.com/products/classroom/>

Mental Health Resources

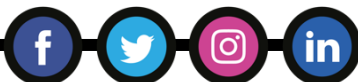
<https://www.calm.com/>
<https://www.headspace.com/>
<https://www.stopbreathethink.com/>

Free Books (including Oxford Reading Tree)

<https://stories.audible.com/start-listen>
<https://www.oxfordowl.co.uk/>

If you have any queries, please feel free to call us any time on our national number:

 **0333 360 1110**



Keeping Active

While you're stuck at home, it can be hard to think of constructive things to do, so here's some of the things we've been doing to keep our minds and bodies active. You could:

- Take an Online Class to Learn New Skills
- Call a Friend or Family Member
- Make an Indoor Scavenger Hunt
- Be Creative: Paint and make Arts / Crafts
- Read a New Book or Listen to an Audiobook
- Try some Yoga or Pilates
- Have a Spa Night
- Try out a New Recipe in the Kitchen
- Declutter a Space in your Home
- Host an Indoor Picnic
- Start Journaling or Scrapbooking
- Have a Family Movie Night
- Dust off some Board Games
- Plant some Flowers, Herbs or Seedlings