



## Welcome to BODY and MIND MOT

All the laminated sheets presented today are on the Premier Life Skills website if you want a paper copy to download or save please go to:

<https://premierlifeskills.co.uk/downloads>

**Here are some useful apps for mindfulness and relaxation:**

Headspace

Calm – voted the best mindfulness app by Apple and Google

Relax +

Mindpilot

Digipill

**Apps for wellbeing:**

My fitness

30-day fitness challenge

**Websites:**

**Nutrition UK -**

<https://www.bda.uk.com/foodfacts/portionsizesfoodfactsheet.pdf>

**Eat Well -** <https://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf>

**Mental wellbeing –** [www.actionforhappiness.org](http://www.actionforhappiness.org)

[www.mentalhealthfoundation](http://www.mentalhealthfoundation)

[www.mind.org.uk](http://www.mind.org.uk)