

## Helpful Resources Websites, Videos and Apps

### Here Are Some Useful Websites Which Can Benefit Your Wellbeing

- <https://www.robertsoncooper.com/iresilience/>  
Free Resilience Questionnaire & Report 100+ Questions Analysing Your Resilience
- [positivepsychology.com](http://positivepsychology.com)
- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- [www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf](http://www.nhs.uk/Livewell/Goodfood/Documents/The-Eatwell-Guide-2016.pdf)

### Charities Websites for Individuals Seeking Advice or Support

- Mind - [www.mind.org.uk](http://www.mind.org.uk)
- MHF - [www.mentalhealthfoundation.co.uk](http://www.mentalhealthfoundation.co.uk)
- AFH - [www.actionforhappiness.org](http://www.actionforhappiness.org)
- Samaritans - [www.samaritans.org](http://www.samaritans.org)
- ISMA- [www.isma.org.uk](http://www.isma.org.uk)

### Mindfulness Video Resources

Michael Sealey - <https://www.youtube.com/user/MichaelSealey>

Eckhart Tolle - <https://www.youtube.com/c/EckhartTolle>

Tara Brach - <https://www.youtube.com/c/TaraBrach-meditation>

### Podcasts

The High Performance Podcast – Jake Humphrey & Prof. Damien Hughes

Feel Better Live More – Dr Rangan Chatterjee

The Diary of a CEO – Steven Bartlett

Mindfulness for Beginners – Shaun Donaghy

How to Fail – Elizabeth Day

### Apps (Subscriptions/In-app Purchases)

- Headspace: Guided Meditation
- Calm: Meditation & SleepStories
- Ten Percent Happier Meditation
- Digipill: Guided Meditation
- My Fitness Pal

- 30 Day Fitness Challenge
- Grief Works

#### **Apps (Free)**

- UCLA Mindful
- Healthy Minds Programme
- Insight Timer – Meditation App
- Sleep Cycle – Sleep Tracker (Premium subscription plans available, but not necessary)
- Balance – Menopause Support