

# Staff Emotional Health & Wellbeing

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We know that this is a difficult time and that anxiety around coronavirus may be affecting your wellbeing.

Here you will find a number of tools and resources that you might find useful to enable you to maintain your own wellbeing and that of others around you.

[Confidential Care Help Sheet](#) share information in relation to coronavirus and mental health.

[Take the 31-day Meditation Challenge](#) run by Inner Space.

[Chaplaincy Multi-faith Centre](#) is hosting meditation sessions via Zoom

[Every Mind Matters](#) can help you with a free plan, expert advice and practical tips.

[Headspace](#) are offering some meditation for you to listen to for free, anytime.

[Mind](#) have some useful guidance on how to cope with worries about coronavirus.

[Playlist with courses about remote working wellbeing](#) on LinkedIn Learning.