



# Online Wellbeing Resources

Whatever your situation at home, it is extremely important to look after your health and wellbeing. As well as the great content available to you on our Clan online resource centre, there are other resources online that you may like.

## Joe Wicks The Body Coach

Live PE with Joe sessions Monday – Friday at 9am via YouTube (not just for kids!). He also has a 7 day sweat challenge, a chair workout and home workout for Seniors as well as many other workouts available free via YouTube here: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

## Oti Mabuse Dance Lessons

The Strictly dancer has live dance lessons each day at 11:30 and 19:30. These are available free via YouTube and her other social media platforms. You can find her youtube here: <https://www.youtube.com/user/mosetsanagape>

## Fearne Cotton's Happy Place Podcast

A great positive podcast, you can find out where to download here: <https://www.officialfearnecotton.com/news/2018/2/26/happy-place-podcast>

## The Mental Health Foundation

The mental health foundation has lots of useful resources that you can find here: <https://mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

## The NHS

The NHS have lots of mindfulness, wellbeing and mental health resources which you can access here: <https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>