



## SPIRITUAL SUPPORT AND MINDFULNESS RESOURCES

The next few months are going to be challenging for all of us. These are unprecedented times and it's understandable that many of us are struggling with worry and anxiety.

The below are all examples of readily available resources. Many others are available - as an organisation we share these as examples and neither endorse nor recommend them over others.

Here are a few ideas that may help.

### **First remember the basics:**

#### **Eat well and drink regularly**

**Exercise regularly** - preferably outside whilst maintaining the 2m social distancing requirement - exercise is a proven natural stress buster.

**Sleep** - this is vital but may be difficult at present with many struggling to switch off their thoughts. Try keep to your regular sleep routine and look at the resources below.

**Rest and relax** - if you find your mind spiraling stop close your eyes and breathe for 30 seconds whilst being aware of the sensation of the ground beneath your feet. Try an absorbing activity, this in itself is a form of mindfulness.

**Connect with others** - for once social media gets a good press

### **Reflective pieces**

[https://youtu.be/65RhVc9\\_cl8](https://youtu.be/65RhVc9_cl8)

### **Worship**

Christian, with other faith groups to follow:



Church service.docx

<https://www.michk.com/sermons-results>

Many local churches have developed their own remote services and resources.

### **Meditation**

<https://www.wikihow.com/Meditate>



## Yoga

<https://www.youtube.com/user/doyogawithme>

## Mindfulness

<https://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/>

### **Above all remember:**

You are not alone - help is out there. Remember to look after yourself and each other - this is not forever and will pass.

Remember self-care

Connect with others - share your own vulnerability

Distraction, mindfulness, absorbing activities

We are all in this together and together we will get through this