

Roads to Wellbeing: Home edition

Take Notice

Live Guided Meditations

Guided meditation is a simple but effective way to meditate. It allows you to focus on relaxing while a guide walks you through the steps.

01



Why not try

[Mindful.org](https://www.mindful.org/)

Monday, Wednesday & Friday
7pm GMT

<https://www.facebook.com/mindfulorg/>

Free Mindfulness

Mindfulness is the quality of being present and fully engaged with whatever we're doing at the moment — free from distraction or judgment.

02

Why not try

Find Calm and Nourish Resilience
Free Access until June 30th - 30 days of mindfulness to calm anxious thoughts, strengthen emotional resilience, and cultivate compassion and connection.

<https://bit.ly/2Uj7pOx>

Digital Self-Care

Managing self-care is incredibly important at the moment. There are a number of digital resources on the web that can be an extra tool in your toolbox to manage feelings of anxiety or stress.

03

Why not try

Currently free, the Sanvello app has meditations, affirmations and social forums.

<https://www.sanvello.com/>

Smiling Mind

The Smiling Mind app offers free meditations for individuals or for parents and children to do together



04

Why not try

Try the free app - they suggest for 10 minutes per day

<https://www.smilingmind.com.au/smiling-mind-app>

Mindfulness for parents

Fun and interactive activities for kids such as mindful eating, movement, and more.

30 minutes of mindfulness and a restful break from the busyness of daily life.

Experienced teachers from the Mindful Schools Training Team.

05

Why not try

Free live mindfulness classes for Kids
Tuesdays, Wednesdays, and Thursdays
5pm GMT.

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>