

Published health and wellbeing resources for those working in residential child care

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In order to provide the best care to our children and young people in need of care and protection, it's important that you look after your own physical and mental wellbeing.

The SIRCC Committee gathered together links to published video, audio and articles which you might find beneficial, and some will also be useful for the young people in your care.

Physical wellbeing



[Video](#) on How to de-stress and clear your head during a walk



[Article](#) with tips on mood boosting and calming foods to help you during the lockdown



[Article](#) on the science of 'sleep music' to help you drift off during anxious times



[Article](#) with tips and exercises to help you relax from the mental health charity, Mind



[Article](#) on how to feel less tired during the day with hints and tips (other than coffee)



[Video](#) with a quick series of exercises by Straighten Up UK! designed to help your posture

Mental health



[Article](#) on Just When We Think We're Adjusting, We're Hit By A Coronavirus Dip Day



[Podcast](#) on why Micropauses can help your mental health



[Playlists](#) from an online resource which combines science and technology to provide soothing and calming music and videos to support people who may feel anxious



Introduction [video](#) to progressive muscle relaxation, which can help you to quieten down your thoughts when you are stressed, and a more detailed [relaxation guide](#)



[Article](#) providing a simple technique you can use to ground yourself by paying attention to your surroundings if you're feeling anxious or overwhelmed



[Article](#) on the 'health triangle', which looks at how you can assess and balance your physical, mental and social health



Series of [audio](#) guides that could help you boost your mood, cope with anxiety and more



Six calming [podcasts](#) to listen to if you're feeling anxious right now

Entertainment



Five fun remote [things to do](#) with friends and family



Ten [foodie projects to try](#) during lockdown if you feel you've perfected your banana bread technique and want to try something different



[How to read more](#) books for pleasure when you're struggling to concentrate



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