

# RESOURCES FOR EVERYDAY MENTAL HEALTH

Engage with these podcasts, channels and resources to help manage your wellbeing every day.

## 1 HAPPY PLACE BY FEARNE COTTON

A podcast that's easy to listen to in the background when you're working! Fearne hosts this lighthearted podcast about mental health featuring guests such as Stephen Fry, Dawn French and Matt Haig.

## 2 NOTES ON A NERVOUS PLANET BY MATT HAIG

Speaking of Matt Haig, make sure to read his book 'Notes on a Nervous Planet', an interesting perspective on how to survive and stay sane in a fast paced, technological world.

## 3 CALM APP

You've likely already heard of this amazing mindfulness app, but if you haven't started using it yet, now is the time. Take five minutes away from your desk and practice breathing, you'll be amazed at how revived you'll feel afterwards.

## 4 THE DOCTOR'S KITCHEN PODCAST

Who knew so much of how our brains function is affected by what we eat? We all know how a bad diet can affect our weight, but with this podcast you'll learn how various vitamins and nutrients affect your cognitive ability.

## 5 THE SCHOOL OF LIFE ON YOUTUBE

Philosophy is a big subject, and it can be hard to digest, but with the help of this Youtube channel you can break down complex topics such as how to find fulfillment and how to work through criticism.

## 6 NOISLI

Trying to work from home but your noisy neighbours are driving you mad? You need some ambient background noise from Noisli. It's also great to pop on if you can't sleep.

## 7 HEADSPACE APP

Meditation. Don't knock it til you try it. It's not about chanting or incense anymore, this app will guide you through a mental walk through a beautiful landscape, or let John Legend sign you to sleep. It's up to you.

## 8 CHILLED COW PLAYLISTS

Have you heard of chillhop? It's the perfect background music for when you're working or need to focus. No jarring beats, no distracting lyrics, just chilled tunes to relax your mind.

