

Post Webinar Resource Sheet:

Self Care-You've checked in now what?

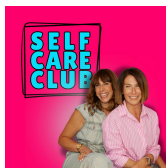
Thank you for attending this webinar, please check out the resources below to help you practice self care.

Resources

Podcast/Talks:



The importance of self-care - Ted Talk Playlist



The Self-Care Club Podcast



Mita is the author of All You Need Is Rest (book sale on kindle) she brings compassionate guidance to help us better understand self-care.



Link to Thursday's Workshop

Charities/Organisations:

<https://www.selfcareforum.org/>
<https://www.mind.org.uk/>
<https://www.mentalhealth.org.uk/>



Watch the previous episodes on catchup

Books:

All You Need Is Rest - Mita Mistry
 Atomic Habits - James Clear
 The Self-Care Prescription - Rob Hicks



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Support/Helplines:

Samaritans (UK):
 Samaritans.org | 116 123 –
 Free, 24/7 emotional support.



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Conversations To Help You Thrive.