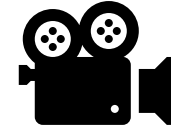




## Podcasts & Videos:



[Click here to access the content](#)

### Podcasts

- **5 Ways to Wellbeing Overview:** Jamie explains what the 5 Ways to Wellbeing are and demonstrates an activity to use some of them.
- **100 self care activities:** Maddie discusses 100 activities that can be done for self care. Have a listen and pick some to try.
- **What do the MHST do for self care:** Members of the MHST team discuss what they do for self care. Hopefully will inspire something in you.
- **Self Talk:** Angharad discusses the idea of positive self talk
- **Relaxation:** Helen guides the listener through relaxation ideas
- **Transitioning Out of Lockdown:** Maddie discusses how we deal with the future change of coming out of lockdown.

### Videos

- **Circle of Control:** Angharad talks through how we can think about what we can control.
- **Five Finger Breathing:** a simple breathing technique to calm down moments of stress
- **Emotional First Aid Kit:** What would you put in your emotional first aid kit?
- **Big and Small Emotions:** Jamie discusses how we talk about our feelings