



Available Resources (Accessible in Your Own Time)



Topic Area	Description	How to Access
Family Fun Exercise	2 Workout Games: <ol style="list-style-type: none">1. Monopoly Exercise Version2. Deck Of Cards Challenge	Both games are in the attachments of the email
Step Challenge	Set up teams of between 2-10 and challenge each other to do more steps. Aim for 10,000 a day :)	You can track your steps on any smartphone, fit bit, smart watch etc.
Spotify Playlists	There are playlists that were created by The KeepWell Mark They contain some good uplifted music	If you have a spotify account : Click Here
Podcast	Productie During the Lockdown with Dr Sarah Jane Cullinane	Click Here
Mindfulness	Caroline has kindly shared some material with us	Youtube Video links: mindfulness exercise led by Bob Stahl's - Click Here Attached to this email are also some mindfulness sessions
Working from Home & Wellness	LinkedIn Learning has free content available too. Here are a bunch of videos on Working From Home, along with material on Wellness, and keeping yourself motivated. Worth checking out!	Click Here