

Supporting wellbeing remotely

Resources for routine

Daily planner: bit.ly/dailyplannerUoM

Weekly planner: bit.ly/weeklyplannerUoM

Monthly calendar: bit.ly/monthlycalendarUoM

Resources for motivation, goals and focus

Motivation: bit.ly/motivationUoM

Goal planner: bit.ly/goalplannerUoM

The Next Thing: bit.ly/TNTUoM

Resources for keeping connected

Social connections whilst physically distancing

bit.ly/sociallyconnectedUoM

Looking after yourself in a busy household

bit.ly/busyhouseholdUoM

Follow @uomwellbeing on instagram

Wellbeing boosters

A collection of resources to promote positive wellbeing through the six ways to wellbeing: bit.ly/wellbeingboosters

Providing effective contact with students

Supporting students online training

bit.ly/supportingstudentsUoM