

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 page: bit.ly/motivationpageUoM

Goal planner: bit.ly/goalplannerUoM

Motivation infographic: bit.ly/motivationinfographicUoM

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

Resources for managing stress

Stress page: bit.ly/stresspageUoM

Six ways to wellbeing resources

A collection of resources to promote positive wellbeing through the six ways to wellbeing

bit.ly/sixwaysresourcesUoM