

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 and focus page: bit.ly/motivationpageUoM

Goal planner: bit.ly/goalplannerUoM

Motivation infographic: bit.ly/motivationinfographicUoM

Resources for managing stress

Stress page: bit.ly/stresspageUoM

Resources for positive thinking

Gratitude journal: bit.ly/gratitudejournalUoM

Savouring journal: bit.ly/savouringUoM

RAK journal: bit.ly/rakjournalUoM

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Helplines

Worldwide:

www.yourlifecounts.org/find-help/

www.befrienders.org/

UK:

www.samaritans.org/

www.giveusashout.org/