**Managing wellbeing during COVID-19: a mindful approach**

Oxford University Hospitals Trust and Oxford Psychological Medicine centre developed a programme primarily for Intensive Care Unit staff focusing on elements of mindfulness based cognitive behavioural therapy. They have generously shared a series of PowerPoint presentations:

1. [Coronavirus and managing stress](https://drive.google.com/file/d/1Jhg8ID-CQa7PQWsMW5-3hFIqQVARLs2r/view?usp=sharing)
2. [Panic and managing PPE](https://drive.google.com/file/d/1qJ8YGUTIjZQC6QWAj6hyFWkaa67-8m2b/view?usp=sharing)
3. [Sleep and vivid dreams](https://drive.google.com/file/d/1nX3JFs7pN3dwC_0LL9285PDqQ7r3otDG/view?usp=sharing)
4. [Coping with uncertainty and change](https://drive.google.com/file/d/1WXlpDLmec8KZcGMpwxDvHrsiV6icW1gy/view?usp=sharing)
5. [Mindfulness and relaxation](https://drive.google.com/file/d/10VuEGMvetaPALaFnWQIvCNpTme9wcrj1/view?usp=sharing)
6. [Keeping balance during challenging times](https://drive.google.com/file/d/1zIPEgS6mu5Sgx_C3Ha5zrR_kjIVizdms/view?usp=sharing)
7. [The importance of compassion](https://drive.google.com/file/d/1yiRsWicYQn2hq1FBnrYWp7lwQwE04GEf/view?usp=sharing)
8. [Parenting and working at this time](https://drive.google.com/file/d/1QV6AsU0uAb2bSfyH7r6vYbWM-Wwsbz9q/view?usp=sharing)
9. [Being heroes](https://drive.google.com/file/d/1zBy7_n5UOWWPW6aiYrb_ygzg5YCVAftt/view?usp=sharing)
10. [Responsibility and guilt](https://drive.google.com/file/d/1dchz7nuPc7T66l1eD6kTm8KqqZqVwtXg/view?usp=sharing)
11. [Session for Health and Wellbeing leads](https://drive.google.com/file/d/1u4HiLDTC_PdYRXeh_R3FiKOgbrMJ_r94/view)

They have also shared these pre-recorded video sessions:

1. [Coronavirus and Stress](https://www.youtube.com/watch?v=6VaGD3NNGRE)
2. [Managing Strong Emotions](https://www.youtube.com/watch?v=Vr-HcuTq1oI&t=41s)
3. [Coronavirus and Sleep](https://www.youtube.com/watch?v=oRGEmsaFNmY&t=4s)