

## Resources from the UK

Advice from Professor Gary Cooper, Manchester.

<https://www.alliancembs.manchester.ac.uk/news/the-seven-rules-of-home-working/>

Advice from Kevin Teoh and Professor Gail Kinman, Birkbeck College

<https://blogs.bmj.com/bmj/2020/03/26/looking-after-doctors-mental-wellbeing-during-the-covid-19-pandemic/>

Advice from BBC

<https://www.bbc.co.uk/news/health-51873799>

Advice from Mental Health Foundation

<https://mentalhealth.org.uk/coronavirus>

Advice from MIND

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

Advice from international SOS

[https://www.internationalsos.com/client-magazines/looking-after-yourself-during-the-coronavirus-outbreak?utm\\_campaign=Oktopost-Employee+advocacy+FY1920&utm\\_content=Oktopost-linkedin&utm\\_medium=social&utm\\_source=linkedin](https://www.internationalsos.com/client-magazines/looking-after-yourself-during-the-coronavirus-outbreak?utm_campaign=Oktopost-Employee+advocacy+FY1920&utm_content=Oktopost-linkedin&utm_medium=social&utm_source=linkedin)

Advice on exercise:

<https://www.birkie.com/birkie-together/>

Helpful apps:

<https://www.nhs.uk/apps-library/category/mental-health/>