



Pause, Connect, Breathe – Some Stuff to Help You Through The Current Pandemic

Resilience & Strategies to Cope

- <https://medium.com/indian-thoughts/true-grit-isnt-just-a-classic-western-it-comes-with-a-sweet-centre-3fe1b0c118af>
- <https://medium.com/@paulmudd11/5-things-you-absolutely-must-do-to-make-a-dent-in-your-universe-cc2f250d5b99>
- <https://medium.com/@paulmudd11/how-important-for-you-is-it-to-win-e19074499e93>
- <https://www.linkedin.com/pulse/your-next-big-idea-mindful-brain-what-do-you-think-paul-adam/>

Mindfulness

- <https://thriveglobal.com/stories/a-2-minute-breathing-exercise-to-increase-mindfulness/>
- <https://thriveglobal.com/stories/mindfulness-in-3-minutes/>
- <https://thriveglobal.com/stories/put-a-pause-in-your-day-simply-by-doing-these-6-things/>
- <https://thriveglobal.com/stories/be-the-pond/>

Gratitude & Compassion

- <https://thriveglobal.com/stories/a-recipe-for-your-personal-happiness-start-with-gratitude-be-compassionate/>
- <https://thriveglobal.com/stories/marcus-aurelius-the-art-of-well-being-well-doing-for-2017/>
- <https://thriveglobal.com/stories/ikigai-the-secret-to-a-long-happy-life/>
- <https://thriveglobal.com/stories/need-to-change-your-life-then-take-a-trip-on-theseus-ship/>
- <https://thriveglobal.com/stories/let-go-of-perfect-never-ever-be-too-hard-on-yourself/>

Some Other Practical Techniques

- <https://thriveglobal.com/stories/do-you-enjoy-dancing-in-the-rain-well-here-s-a-few-new-steps/>
- <https://thriveglobal.com/stories/4-simple-steps-to-help-you-s-t-o-p-today/>
- <https://thriveglobal.com/stories/are-you-running-on-empty/>
- <https://thriveglobal.com/stories/6-mindfulness-tips-for-thriving-and-surviving-in-the-workplace/> (Also now a complementary handout available on '6 Top Tips to Survive and Thrive Working from Home')

<https://www.themuddpartnership.co.uk/>