

WELLBEING

PERLEGO

Perlego is an online library (and app) that offers around 300,000 educational and self-development books. Whether it's engineering or baking cakes, you can develop a new skill and keep occupied during quarantine. Metro readers get an exclusive, six-week free subscription. perlego.com/metro

REMENTE

With options for journaling, mood-tracking and goal-programming, plus 120 courses [some require a paid-for subscription], Remente is the free app that combines psychology with brain training. You complete small tasks, which in turn promote life-changing behaviours that lead to a healthier life. remente.com

YOGA NIDRA

Yoga Nidra is a restorative practice intended to induce physical and mental relaxation. Dr Uma Dinsmore-Tuli offers free sessions on her Facebook page. Held at 3pm daily, each practice lasts 45 minutes and is designed to decrease anxiety, alleviate stress and heighten awareness and focus. [facebook.com/UmadiDinsmoreTuliPhD](https://www.facebook.com/UmadiDinsmoreTuliPhD)

QUIZLET

If you want to improve your memory, Quizlet will help you retain new information. It's free to use and makes learning fun through games and quizzes. The app version allows you to play individually or as a group, and there's options for remote team quizzes, too. quizlet.com

BREATHPOD



If you can harness the power of your breath, then you can boost your brain function and calm the nervous system. Breath coach Stuart Sandeman, above, is hosting free online workshops every Wednesday at 7pm. Sessions are designed to boost your immune system and improve mental clarity and cognitive function. breathpod.me

KEEP CALM AND ISOLATE ON

TRYING TO KEEP YOUR MIND SHARP AND MOOD HAPPY DURING LOCKDOWN? DON'T FRET, THERE'S PLENTY OF HELP OUT THERE, SAYS **VICKI-MARIE COSSAR**



THRIVE

NHS recommended app Thrive is very effective at reducing stress and symptoms of anxiety and depression, as well as improving your ability to cope with stressful situations. Free to download, it uses games and relaxation techniques like meditation and deep-breathing. thrive.uk.com

LEARNING WITH EXPERTS

Stop your mind from turning to mush by learning a new skill. Learning With Experts is an online course provider with about 80 courses, including gardening, bread-making, photography and jewellery. Courses range from a few hours, to diplomas lasting months. From £9. [Metro readers get 20 per cent off with code 'metro'], learningwithexperts.com

RESULTS WELLNESS LIFESTYLE

Co-founded by former TOWIE star Lucy Mecklenburgh, right, and her personal trainer Cecilia Harris, Results Wellness Lifestyle is offering a free anxiety mindset course to everyone and a three-month free subscription to the app for NHS workers. Led by NLP master practitioner Jeff Spire, the 12 sessions are designed to help you take control of negative thoughts and overcome self-doubt. resultswellnesslifestyle.com



NEIL SELIGMAN, MINDFUL MONDAYS

The practice of mindfulness is associated with increased awareness, concentration and decision-making. Mindful expert Neil Seligman is hosting Mindful Mondays at 6pm via Zoom. The drop-in session will include two guided practices. Available from next Monday. £10. neilseligman.com

PEAK

Peak is a free brain-training app (below) designed to test your cognitive skills to improve memory, problem solving, and mental agility. One of the games, Decoder (developed alongside Cambridge University), is proven to improve attention and concentration, so a great one for those working at home who suffer from distractions. peak.net

SOPHROLOGY

Sophrology is dynamic meditation that combines breathwork, visualisation and light body movement to engage the mind and body. BeSophro has launched free guided Sophrology sessions (inset) on Instagram Live. Join every Tuesday, Thursday and Sunday at 8pm (8.15pm on Thursday) for a 30 minute session

dedicated to themes like calming fear and boosting productivity. [Instagram @BeSophroLondon](https://www.instagram.com/BeSophroLondon)

YOU CAN HEAL YOUR LIFE

The free You Can Heal Your Life podcast from Hay House Publishers connects people with world-renowned experts. There's a different interview every day and they include meditations from medical doctors, researchers, spiritual guides, business strategists, therapists and life coaches. hayhouse.co.uk



FOGA

If you're looking for a real mix to keep your brain active, Foga (the creators of instant freeze-dried smoothie packs) is hosting a series of Instagram Live videos. They vary each week, but include workouts, live music, cook-alongs and mindfulness sessions. [Instagram @foga.co](https://www.instagram.com/foga.co)

OPENLEARN

Go back to school with the Open University's free OpenLearn platform. With around 950 courses, there's a real mix including Chinese for beginners, plus audio courses for things like Greek history and modern day politics. There's also a section for employees to hone their CVs and work courses. open.edu/openlearn

WORDS FROM THE WISE

Need more positivity in your life? Here's some books to bolster your spirits



STAY POSITIVE: HOW TO UNLOCK YOUR INNER OPTIMIST BY SOPHIE GOLDING
Kindle edition, 99p; paperback, £9.99, summersdale.com

With tips for focusing on the good in your life, this is bursting with uplifting statements. It aims to help you become your happiest self by telling you to focus on things like simple pleasures and nurturing relationships.



RESILIENCE: HOW TO TURN ADVERSITY INTO STRENGTH BY JOSH FLOYD
Kindle edition, 99p; hardcover, £5.94, amazon.co.uk

Life has its ups and downs but knowing how to adapt to adversity is essential to happiness. Josh pulls together psychology methods to help us navigate a crisis, plus there's simple tips to help you build inner strength, hope and resolve.



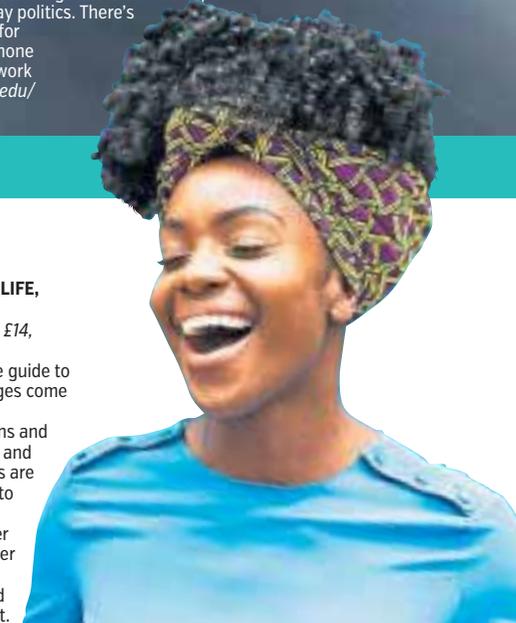
THE LITTLE BOOK OF COMFORT BY LUCY LANE
Kindle edition, 99p; hardback £6.99, amazon.co.uk

Sometimes you simply need to take a break from your situation to see the bigger picture. This pocket-sized read is full of reassuring quotes and effective tips to help you feel calmer and more relaxed.



YOGA: A MANUAL FOR LIFE, BY NAOMI ANNAND
eBook £9.24; hardback, £14, bloomsbury.com

This is a comprehensive guide to yoga at home. The images come with clear instructions and the poses and sequences are designed to make you feel calmer and happier with each breath-led movement.



WELLBEING



AMY W. COLOMBO

PEACE AND HAPPINESS

1. SNAKE IT UP

Not only can a snake plant filter indoor air, but it's thought to reduce anxiety, too. *Sansevieria Floor Snake Plant in pot*, from £47.99, wayfair.co.uk



2. SHUI SUCCESS

Shui Me Room Relax diffuser has essential oils of lavender, ylang ylang and petitgrain to promote calm. £24.75, shui-me.com



3. BRIGHT IDEAS

Keep Calm And Colour On: The Self-Isolation Edition has 46 patterns and intricate designs to quieten your mind. £5.99, summersdale.com



4. TEA TIME

Pukka Herbs Organic Peace tea is a combination of ashwagandha (improves energy and calms the nervous system) and hemp leaf (relieves pressure and tension). £2.80 (20 sachets), tesco.co.uk

5. OIL OVER TROUBLED WATERS

L'Occitane's Relaxing Essential Oil Blend is a moment of serenity thanks to lavender, sweet orange and geranium. Add to your bath or moisturiser. £12, uk.loccitane.com



6. SALTS OF THE EARTH

The blend of neroli and lemon myrtle in these Cowshed Calming Bath Salts will leave skin hydrated, muscles relaxed and the mind calm. £18, libertylondon.com

7. MISTY EYED

Slow a racing mind and prepare for a restorative sleep with Aromatherapy Associate's Deep Relax Sleep Mist. £28, aromatherapyassociates.com

8. GOING FOR THE BURN

Calm and aromatic, Jo Malone London's Lavender And Lovage candle has lavender, aniseed and rosemary and thyme notes. £48, jomalone.co.uk



THE FIX YOURSELF HANDBOOK, BY FAUST RUGGIERO
Kindle edition, £6.15; paperback, £12.90, amazon.co.uk

A straightforward action plan by clinical therapist Faust to help you become more objective and less emotional about life experiences in order to stay balanced.



A LITTLE PEACE OF MIND, BY NICOLA BIRD

Paperback, £8.99, alittlepeaceofmind.co.uk
The author used to suffer from crippling anxiety and panic attacks. Here she shares simple truths to help you move beyond trying to control everything and ways to manage your thinking.

HOW TO BE PERFECTLY IMPERFECT: STOP COMPARING, START LIVING BY CANDI WILLIAMS

Paperback, £8.99, whsmith.co.uk
With social media getting more use than ever before, how do you stop comparing yourself to others? The book has



thought-provoking tips to help you quieten your inner critic, alongside empowering affirmations to squash self-doubt.

#CHILL BY BRYAN E ROBINSON
Hardback from £8.16, also out in paperback, amazon.co.uk

If you're looking for a new way to face work/life challenges and build resilience, then Bryan, a trained psychotherapist, has 365 meditations designed to support those struggling with their current self-isolation situation; one for every day of the year.

