

## Accessible Health & Wellbeing Resources

All of the below podcasts, apps and youtube channels can be accessed by anyone and are very accessible to all backgrounds, ages and genders. All of them could be useful to someone suffering for stress, anxiety, depression and other mental health issues which may affect attendance or productivity. The majority are free, some have free versions with the option to pay for premium access - however for the most part this is not necessary.

### Podcasts

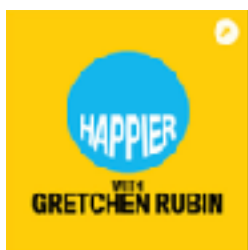


#### 1. **Feel Better, Live More with Dr Rangan Chatterjee** ( <https://podcasts.apple.com/gb/podcast/feel-better-live-more-with-dr-rangan-chatterjee/id1333552422>)

“Health has become overcomplicated. I aim to simplify it”

In this podcast, we hear stories from leading health experts and exciting personalities who offer easy health life-hacks, expert advice and debunk common health myths giving you the tools to revolutionise how you eat, sleep, move and relax. Hosted by Dr Chatterjee – a GP with over 16 years’ experience, star of BBC 1’s Doctor in the House and author of The 4 Pillar Plan – Feel Better, Live More aims to inspire, empower and transform the way we feel. When we are healthier we are happier because when we feel better we live more.

Find out more on: <https://drchatterjee.com/>



#### 2. **Happier with Gretchen Rubin** (available on Spotify & iTunes) <https://podcasts.apple.com/gb/podcast/happier-with-gretchen-rubin/id969519520>

“Gretchen Rubin is HAPPIER, and she wants you to be happier too. The #1 bestselling author of The Happiness Project and Better Than Before gets more personal than ever as she brings her practical, manageable advice about happiness and good habits to this lively,

thought-provoking podcast. Gretchen’s cohost and guinea pig is her younger sister, Elizabeth Craft, a TV writer and producer living in Los Angeles, who (lovingly) refers to Gretchen as her happiness bully. Part of the Cadence13 Network.”



#### 3. **The Doctor’s Kitchen Podcast**

<https://podcasts.apple.com/gb/podcast/the-doctors-kitchen-podcast/id1316938642>

“Welcome to The Doctor's Kitchen Podcast with Dr Rupy Aujla.

Covering a range of topics from the principles of healthy eating to how to prevent and treat illness, Dr Rupy and his panel of experts draw on the latest research to give you actionable tips to help supercharge

your health.

What you choose to put on your plate is one of the most important health interventions anyone can make.”

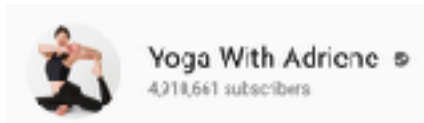
## Meditation / Relaxation Mindfulness Apps

1. <https://www.headspace.com>
2. <https://www.calm.com>
3. <https://www.tenpercent.com/mindfulness-meditation-the-basics>

## Fitness Apps

1. Fiit App (NHS Staff Discount on Premium Membership via NHS Staff Benefits, free version available.)
2. Nike Training Club
3. Couch to 5k
4. Seven - 7 Minute Workout

## Youtube Channels



### 1. Yoga with Adriene

Fantastic online yoga teacher, with lots of accessible easy to follow yoga classes for specific concerns.

<https://www.youtube.com/user/yogawithadriene>



### 2. The Body Coach - Hiit Workouts for all levels

<https://www.youtube.com/user/thebodycoach1>