

Meyler Campbell Clear Leaders

THE MEYLER CAMPBELL GUIDE TO LOOKING AFTER YOUR PHYSICAL & MENTAL WELLBEING

The Meyler Campbell Guide to looking after your physical and mental wellbeing.

PHYSICAL WELLBEING

Can we develop psychological resilience through physical activity?

Read how physical activity can help to boost a person's psychological resilience by triggering automatic responses through exercise such as increased endorphins that lower stress levels/relax muscle tension and improve overall body health.

How to boost your immune system

Looking after your body is not always about physical activity, it is important to take care of your body in other ways. This article written by Marina Khidekel for Thrive Global explains the crucial health aspect of strengthening your immune system.

How an employee can keep physically fit during remote working

Featured in the HR Review, Darius McQuaid shares advice as to how someone can maintain their physical health and fitness.

Stay in, work out

Sport England offer their tips, advice, and guidance for keeping active while at home.

Home Workouts

As some of the parents will probably know, Joe Wicks was offering 9:00 AM PE session for school kids every day, Monday to Friday. However, he offers plenty more free videos on his YouTube channel catered for all abilities that can be watched at your own leisure to help keep you active.

MENTAL WELLBEING

How to protect your mental health

Featured in BBC Health, Kirstie Brewer argues that the current crisis is taking a toll on all of our mental health and now it is more important than ever to learn how to protect your mental wellbeing.

Things you can focus on to feel better during this challenging time

Featured in a recent Byrne Dean blog, Uxshely Carcamo believes that we should focus on the positives by putting things into perspective, allowing ourselves to be grateful, uniting with each other despite differences, and looking after our health.

Coping with Fatigue, Fear, and Panic During a Crisis

Tony Schwartz and Emily Pines explain ways which we can take better care of ourselves and build more resilience by becoming more aware of our different 'selves' that influence the way that we react to a threat or danger.

Resilience Under Fire: 5 Pathways to be Marathon Strong

Carol Kauffman, Founder of the Institute of Coaching, gives five possible paths that we can use to help manage and master fear in an order what works for you.

Ten Percent Happier are offering a range of free practical resources to help cope with stress, fear and anxiety. These are meditations, podcasts, blog posts and talks to help you find some calm.



PODCAST

Mindfulness with Anna Phillips



PODCAST

The Power of Storytelling
with Richard Martin