

## **Information Sheet to support Post Diagnosis Workshop 4**

### **Mindfulness, meditation and breathing**

Online:

- [www.Headspace.com](http://www.Headspace.com)
- [www.calm.com](http://www.calm.com)
- [www.meditainment.com](http://www.meditainment.com)
- <https://eddiestern.com/the-breathing-app/>

**Apps** – Bee Zone and Breathe2Relax

### **Self-Help Information**

- <https://www.moodjuice.scot.nhs.uk/Anxiety.asp>
- <https://www.getselfhelp.co.uk/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/self-help-therapies/>
- <https://www.moodcafe.co.uk/free-online-behavioural-therapy.aspx>

