



Thrive network session 1 resources

- What am I doing?...logistics https://smithsmm.wordpress.com/2020/11/08/what-am-i-doing-logistics/amp/?_twitter_impression=true
 - Our Iceberg is melting <https://www.youtube.com/watch?v=pujzuukrsZg>
 - There are many places you can seek more information on mindfulness and wellbeing. I'd particularly recommended the Empowering Leadership Website for more on mindfulness, reading, podcasts, resources and practices.
 - <https://empoweringleadership.squarespace.com/>
 - Much more on resilience and wellbeing on the Mobilise website <https://mobilise.kyrateachingschool.com/>
 - Harvard Health on gratitude
 - <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>
 - More on 5 Ways to Wellbeing
 - <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
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