

# Wellbeing



## Lockdown Life Series

To support wellbeing through this extended lockdown, KingsWay have produced a series of episodes that focus on living lockdown life well. Each episode will be 3-4mins in length and will provide encouragement and strategies for maintaining wellbeing.

**Episode 1: Resilience on the Roller-Coaster** [WATCH HERE](#).

By Cherie Wallace

**Episode 2: Resilience and Loss** [WATCH HERE](#)

Episode 2 of 'Lockdown Life' explores how we navigate the losses that occur during lockdown. Cherie Wallace talks use through strategies we can employ to help navigate this challenge.

**Episode 3: Finding Hope** [WATCH HERE](#)

Counsellor Tessa Hines continues our Lockdown Life series with an episode about hope during times of Lockdown.

**Episode 4: Social Resilience** [WATCH HERE](#)

In our latest episode of Lockdown Life, Cherie Wallace focusses on managing the feelings and experience of reestablishing social connections after an extended period of lockdown.

**Episode 5: Resilience through Gratitude** [WATCH HERE](#)

In our latest episode of Lockdown Life, Vanessa Gatman talks us through how we can flex our gratitude muscles to grow resilience in challenging times.

**Episode 6: Strengths to Grow Resilience** [WATCH HERE](#)

The latest addition to our Lockdown Life series is available now. Su Fenwick, counsellor on the junior campus, shares with us how we can spot strengths to grow resilience.

**Episode 7: Changing Perspective** [WATCH HERE](#)

Counsellor Annie Brown encourages us to find ways to change our perspective. This is particularly important as our current context does not easily allow for a change of landscape for our mind, body or soul.