***St Maurice’s High School***



***Wellbeing Information***

***Podcasts***

* The Ultimate Health Podcast on Youtube

<https://www.youtube.com/watch?v=bTpdIPRzKac>

* The Motivated Mind Podcast on Spotify

Various episodes to be downloaded and listened to on resilience, motivation, determination, goal setting, failing, learning etc.

* The Wellness tab on Spotify

A selection of various sounds and songs designed to positively affect your wellbeing.