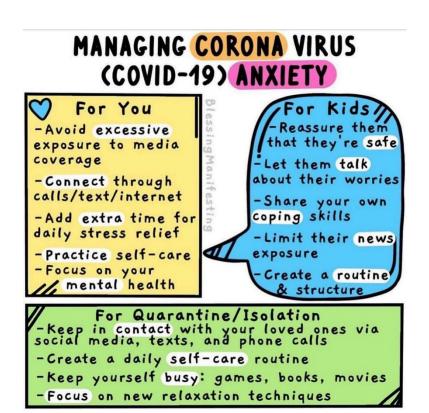
## **Mental and Emotional Health Support**

With distance learning in full effect, you may start experiencing an increase in feelings of anxiety and stress. These are normal reactions to a global pandemic affecting us all. There are many things you can do—even in the face of this unique crisis—to manage your anxiety and fears.

Below is a link to a video explaining where anxiety stems from as well as a worksheet to help you identify your personal triggers and coping strategies.



## Video:

<u>Fight Flight Freeze - Anxiety Explained for Teens</u>

## Worksheet:

**Introduction to Anxiety** 

