

## 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.

### MANAGING CORONA VIRUS (COVID-19) ANXIETY

♥ For You

- Avoid excessive exposure to media coverage
- Connect through calls/text/internet
- Add extra time for daily stress relief
- Practice self-care
- Focus on your mental health

BlessingManifesting

For Kids!!!

- Reassure them that they're safe
- Let them talk about their worries
- Share your own coping skills
- Limit their news exposure
- Create a routine & structure

For Quarantine/Isolation

- Keep in contact with your loved ones via social media, texts, and phone calls
- Create a daily self-care routine
- Keep yourself busy: games, books, movies
- Focus on new relaxation techniques

Video:

[Fight Flight Freeze - Anxiety Explained for Teens](#)

Worksheet:

[Introduction to Anxiety](#)

