Online Self-Care Resources

Taking care of your mental health in the face of uncertainty

Go Zen - A website for fun Social-Emotional Learning

Calm App (Calm.com)

Headspace: Mini Meditation YouTube Video

Calmer You Free Podcasts to address worry and anxiety

<u>Digital Compass</u> Play a game to learn about Digital Citizenship and how to protect your digital footprint online.

Grounding - 5, 4, 3, 2, 1 grounding is a calming technique that helps you focus on the present by using your five senses and to notice and focus on things currently around you.

Center Yourself When Things Get Overwhelming By Practicing Mindfulness Techniques

THE BIG LIST OF SELF-CARE ACTIVITIES



Facts about Coronavirus:

Brain Pop: Cartoon video explaining Coronavirus

NPR Just For Kids: Audio and Comic for Kids explaining Coronavirus

Coronavirus Anxiety: Four ways to cope with fear (PsychCentral)

Care for your Coronavirus Anxiety

Expert Offers Practical Advice to Manage Your Coronavirus Anxiety

Helping Teens Cope with Anxiety About COVID-19

MANAGING CORONA VIRUS (COVID-19) ANXIETY

7 For You

- -Avoid excessive exposure to media coverage
- Connect through
- Add extra time for laily stress relief
- · Practice self-care
- Focus on your mental health

For Kids

Reassure them
that they're safe

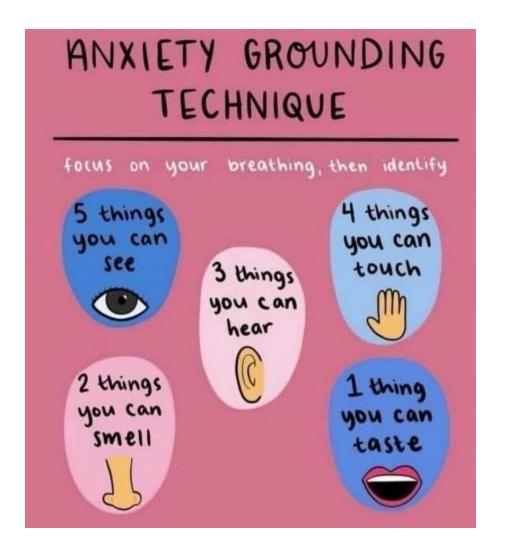
Let them talk
about their worrie

Share your own

- coping skills
 -Limit their new:
- exposure
- & 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



Join 30 Days of Kindness.



Be Calm: Resources for Adults and Youth

For Parents and Educators

Helping Kids Handle Worry

It's natural for all kids to worry at times, and because of personality and temperament differences, some may worry more than others.

Deep Breathing Exercises for Kids

Breathe along with kids to help them self-calm.

Calming Anxiety in Kids

This site has fun projects like creating a calm toolkit, breathing exercises to do with kids, how to make a calm down spot in your home, and a video on how to make a calming jar.

Controlled Breathing Practices for Adults

When adults are calm, it calms everyone around them. Teens can use these breathing exercises too.

The Happiness Lab: Beat Your Isolation Loneliness

This podcast for adults comes from Dr. Laurie Santos at Yale University. It has ideas about staying connected during these times of social isolation.

Helping Children Cope with Emergencies

This information is in Spanish and English from the Center for Disease Control and Prevention..

Mental Health and Coping during COVID19

This document has information on common reactions of adults and youth, how to support youth, and how to respond to individuals leaving quarantine.

Well-being Toolkit for Children, Educators, and Parents

Center for Healthy Minds toolkit has tips, audio and video practices, the Kindness Curriculum and more.

For Kids

Relax and Unwind Center

Information and effective exercises for kids including yoga videos, relaxation exercises, and more

Belly Breathe with Elmo

Breathe along with Elmo in this fun video. All ages of kids like this video.

For Teens

Stress and Coping Center for Teens

Learn about some of the things that can cause stress and get tips on how to manage when you're feeling overwhelmed.

Relaxation Exercises: Breathing Basics for Teens

Podcasts guide teens through breathing practices.

Calming Apps for Adults Apps For Adults and Youth

Calm Smiling Mind

Headspace Breath Think Do with Sesame

Relax and Rest Guided Meditations Calm with Calm Kids

Colorfy

Breathe2Relax Compiled by Dr. Lucy Vezzuto, Orange County Dept. of Education, 2020

Insight Timer