

Healthy Coping Strategies to Manage Stress and Anxiety



Everyone has feelings of anxiety, nervousness, tension, and stress from time to time. That's normal.

***Recognize and acknowledge that you feel anxiety.**

***Practice Relaxation Techniques-** Deep breathing helps to relax a major nerve that runs from the diaphragm to the brain, sending a message to the entire body to let go and loosen up.

***Get enough sleep, nourishment, and exercise.** Get the right amount of sleep for your needs — not too much or too little. Eat well: Choose fruit, vegetables, lean proteins, and whole grains for long-term energy (instead of the short bursts that come from too much sugar or caffeine). And exercise to send oxygen to every cell in the body so your brain and body can operate at their best.

***Connect with others.** Spend time with friends or family. Organized activities are great, but just hanging out works too. Doing things with those we feel close to deepens our bonds, allowing us to feel supported and secure. And the fun and sharing that go with it allow us to feel happier and less upset about things.

***Connect with nature.** Being outside can help you feel peaceful and grounded.

***Pay attention to the good things.** A great way to keep our minds off the worry track is to focus our thoughts on things that are good, beautiful, and positive. Appreciate the small, everyday blessings. Allow yourself to dream, wish, and imagine the best that could happen. **Use Positive Self-Talk!**

***Consider taking a break from social media and get off the grid for a while!**

Note: When anxiety or worry feels extreme, it may be a sign of an anxiety disorder. For someone who has an anxiety disorder, getting proper care from a health professional is important.

SO YOU'VE GOT QUESTIONS ABOUT **Coronavirus**



What is Coronavirus?

Coronavirus or COVID-19 is a virus that affects the respiratory system (lungs, nose, mouth, throat, bronchi, and all other body parts involved in breathing). It is passed from person to person through droplets from sneezes, coughs, runny noses, and saliva. So if someone sneezes on their hand and touches a bathroom door handle, and then another person touches that same bathroom door handle and then touch their face, they can become infected with the virus. This is why it is so important to wash our hands and avoid touching our faces!

I'm a kid. Doesn't that mean I can't get Coronavirus?

No. Some people have been saying that kids aren't affected by Coronavirus. Scientists believe that Coronavirus may not make kids as sick as adults. But kids can still become infected with the virus.



Why are we staying home from school?

All of the adults at school want you and your family to be safe and healthy. Scientists are recommending that we stay home and avoid being in crowds or large gatherings (like a classroom full of friends!). We are staying home from school to slow the virus from spreading.

What should I do to stay safe?

1. Wash your hands often and before you eat. Wash them for at least 20 seconds and make sure you get the space in between your fingers and the backs of your hands clean!
2. Try to avoid touching your nose, mouth, eyes, and whole face with unwashed hands.
3. Practice healthy habits! Eat healthy foods, drink lots of water, get some exercise, and get plenty of sleep.
4. If you need to sneeze or cough, sneeze into a tissue or the inside of your elbow.
5. Follow directions from the trusted adults in your life. They want to take care of you!



WHAT CAN I DO IF I'M FEELING worried?

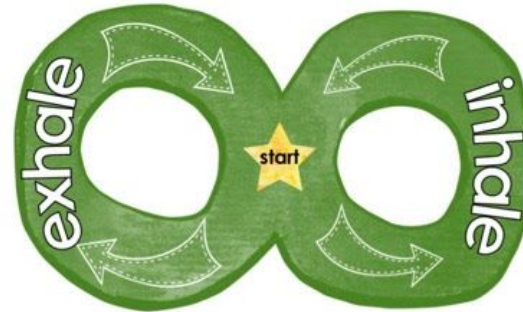
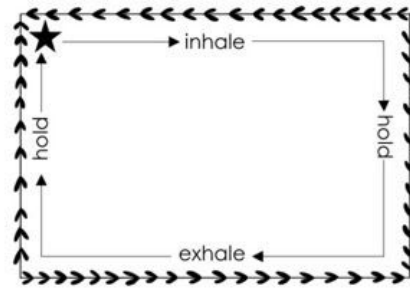


Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.



Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!