

Coping with Stress and Anxiety

This might be a time when you feel especially overwhelmed and anxious with all of the information and changes that are happening. Here are some ways to cope with those feelings:

Apps for Relaxation and Mindfulness



Here and Now

Here and Now measures your body stress by taking the pulse in your finger through your phone's camera. You can set daily reminders for deep breathing exercises. Though other apps have guided breathing, Here and Now's guided breathing is my favorite. You can set the number of breaths you take, and they have suggestions as well.



MindShift

The MindShift app greets you with a welcome message telling you there are steps you can take to stop anxiety from controlling your life. This app is good for helping teens work through their anxiety rather than avoiding issues that are causing it.



Calm

Calm is the #1 app for mindfulness and meditation for teens. Even if you have never done any meditation before, Calm's guided meditations will walk you through it. They also have breathing programs, relaxing music, and sleep stories. Recommended by top psychologists.



Aura

Aura walks you through 3-minute meditations to help you calm and destress. You let Aura know how you're feeling, and the app chooses the best meditation for you. Aura also offers mood tracking and daily reminders for breathing exercises.

Limit Time on Social Media and Looking at Screens

Studies have shown that extended time on social media and looking at screens can negatively impact anxiety and stress levels. Here are some activities to do instead of being on social media:

1. Play board games as a family
2. Go for a walk outside (maybe with the family pet!)
3. Go for a bike ride
4. Bake/cook for fun (Baking recipes: <https://www.foodnetwork.com/topics/easy-baking>)
5. Read a book
6. Write in a journal (journal prompts: https://www.journalbuddies.com/journal_prompts_journal_topics/writing-prompts-for-middle-school-kids/)
7. Write stories!
8. Make a card or write a letter and mail it to a friend or family member
9. Make something out of all those Amazon boxes
10. Create experiments with supplies found around the house
11. Practice an instrument
12. Create art
13. Coloring pages (link to free printable coloring pages: <https://coloringhome.com/teenage-coloring-pages-free-printable>)
14. Make your own music videos to your favorite songs
15. Choreograph your own dances

Websites To Help You Cope With Stress and Anxiety:

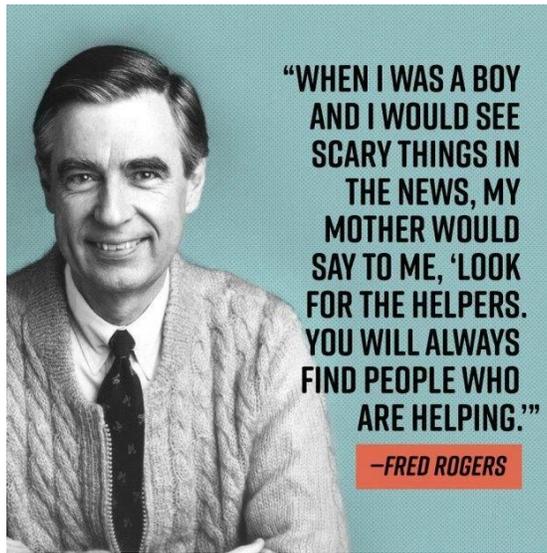
- GoZen: Programs to Manage Stress & Build Resilience for Kids: <https://gozen.com/allprograms/>
- Mindfulness Exercises for Kids & Families: <https://mindfulnessexercisec.com/mindfulness-exercises-for-kids-families/>
- Body Scan Meditation for Kids: <https://www.mindful.org/body-scan-kids/>
- Guided Breathing Exercise: <https://www.youtube.com/watch?v=awc8MLSpjIQ>
- Mindful Breathing Meditation Video: <https://www.youtube.com/watch?v=nmFUDkj1Aq0>
- Stress-Relief Guided Breathing Exercise: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Academic Tips

While you may not physically be on campus, it is important to continue with a daily routine and keep up with your schoolwork. If you feel that you need extra support for your learning, here are some websites to help:

- Free classroom lessons: <https://classroommagazines.scholastic.com/support/learnathome.html>
- Virtual field trips: https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlgE3iExmi3qh2KRRku_w/preview?fbclid=IwAR2oVw04L3iXMCST-Y4AC_kaFEtROQZ2GdAuBHDgU_KOy-B1RYMQAal-mwE&pru=AAABcQ7yciQ*PRI75dZgcZo33ZY4duGuxQ

- You all know this one: <https://www.khanacademy.org/>



**“WHEN I WAS A BOY
AND I WOULD SEE
SCARY THINGS IN
THE NEWS, MY
MOTHER WOULD
SAY TO ME, ‘LOOK
FOR THE HELPERS.
YOU WILL ALWAYS
FIND PEOPLE WHO
ARE HELPING.’”**

—FRED ROGERS