

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

[Digital Compass](#) 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

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

ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify

5 things
you can
see



4 things
you can
touch



3 things
you can
hear



2 things
you can
smell



1 thing
you can
taste



[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

Calm
Headspace
Relax and Rest Guided Meditations
Colorfy
Breathe2Relax
Insight Timer

Apps For Adults and Youth

Smiling Mind
Breath Think Do with Sesame
Calm with Calm Kids

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