



50 Coping Skills for kids

Coping strategies are skills a student uses to help them not be upset anymore. These strategies can be: deep breathing, talking to an adult, journaling, walking, getting water, using a fidget spinner, stress ball, coloring, reading, etc. These strategies are different for everyone.

I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



Credit: TheCounselingTeacher.com
Clipart: Carrie Stephens Art



GUIDE TO MANAGING ANXIETY & DEPRESSION DURING A PANDEMIC

1. FOCUS ON WHAT YOU CAN CONTROL

Focus on the factors you can control

Develop a plan on how you will stay healthy, safe and ensure you have everything you need

Practice good hand washing and social distancing

Notice thoughts that peak anxiety and shift your focus

2. LIMIT MEDIA INFLUENCE

It is important to stay informed, but it is crucial to limit how often you engage in watching the news

Limit media to a certain time frame during the day and avoid watching outside that time

Turn off social media and news app notifications

3. MAINTAIN SELF-CARE

Good self-care routines keep your immune system healthy

Make sure you are eating healthy and taking time, relax and disconnect with social media at times

Focus on what brings you joy and engage in those things

4. PRACTICE GRATITUDE

Being thankful for the positives in our lives is so important

Be grateful for the privileges you may have during this time

Show gratefulness to those you appreciate.

5. KEEP A ROUTINE

Maintaining a routine keeps some sense of normal in our lives

Get up at your normal time

Shower, get dressed and tackle the day

Plan your time productively

6. GET MOVING

Staying active is important to mental and physical health

Go outside and get some fresh air and sunshine when possible

Get creative with workouts and exercise in your living room or via Zoom meetings

7. OBTAIN ADEQUATE SLEEP

Getting adequate sleep every night is important to mental and physical health

Keep the same bedtime and wake time

Avoid phones and TV at bedtime

Try meditation, mindfulness, or deep breathing

8. UTILIZE HEALTHY COPING TECHNIQUES

Coping with stress, anxiety and depression in healthy ways is imperative to mental health

When you recognize symptoms of anxiety or depression be intentional to use a coping technique to combat those symptoms

Utilize "Guided Mindfulness" to assist in practicing deep breathing

9. TALK ABOUT YOUR FEELING

Discussing how you feel is important

Processing feelings is very helpful to combat symptoms

Talk with someone trustworthy about your feelings and symptoms

10. DON'T BE AFRAID TO SEEK OUT PROFESSIONAL HELP

Know that you matter and it is okay to ask for help

If you are still experiencing mental health symptoms that are interfering with daily life, it is time to seek out professional help.

Reach out to a professional for support and guidance to assist you during this time.

National Suicide Prevention Hotline: 1-800-273-8255

Family Service and Guidance Center Crisis: (785)232-5005