

LET'S TALK STRESS

Instagram Suggestions:

drjodycarrington
blessingmanifesting
the.doodle.project
thelatestkate
jangandfox
positivelypresent
selfcareexpress
dinosandcomics
wawawiwacomics
sadpotatoclub
an_ordinary_seal
gmf.designs

CALMING BREATHE

Square Breathing

- 1) Begin by slowly exhaling all of your air out.
- 2) Then, gently inhale through your nose to a slow count of 4.
- 3) Hold at the top of the breath for a count of 4.
- 4) Then gently exhale through your mouth for a count of 4.
- 5) At the bottom of the breath, pause and hold for the count of 4.



Video-Guided Coping and Calming Activity Examples:

Younger Youth:

Thought Bubbles (<https://www.youtube.com/watch?v=70j3xyu7OGw>)

Bubble Bounce (<https://www.youtube.com/watch?v=UEuFi9PxKuo>)

Rainbow Relaxation (<https://www.youtube.com/watch?v=IIbBI-BT9c4>)

Older Youth:

Heartbeat Guided Meditation

(<https://www.youtube.com/watch?v=3iUf73v92II>)

5 Mindful Movement Practices for Youth

(<https://www.youtube.com/watch?v=CGX2lU35Jqc>)

10 Minute Mindful Meditation for Teens

(https://www.youtube.com/watch?v=w_bmCKMrLYs)

Headspace Mini Meditation Let Go of Stress

(<https://www.youtube.com/watch?v=c1Ndym-IsQg>)



VIDEOS AND ACTIVITIES

YouTube Videos:

Dan Siegel explains the Adolescent Brain [<https://www.youtube.com/watch?v=0O1u5OEc5eY>]

How Stress Affects Your Brain – TEDEd [<https://www.youtube.com/watch?v=WuyPuH9ojCE>]

Being With All Your Experiences [<https://www.youtube.com/watch?v=jaNAwy3Xsfl>]

You Are Not Your Thoughts [<https://www.youtube.com/watch?v=0QXmmP4psbA>]

5 Senses Activity



Online Resources and

Activities:

Stress and Anxiety in School and COVID-19: <https://www.verywellfamily.com/tips-to-ease-back-to-school-anxiety-620832>

Top 50 Mindful Activities and Resources for Youth:

<https://biglifejournal.com/blogs/blog/mindfulness-resources-children-teens>

8 Benefits of Mindfulness in Youth:

<https://www.counselorkeri.com/2019/07/08/benefits-of-mindfulness-for-kids/>

Stress Buster Ideas:

<https://www.youthconnectionscoalition.org/stress-management/>

Create a Stress Management Plan:

<https://parentandteen.com/teen-stress-management-plan/>

Self-Care | Mental Health | Printables :

<https://www.blessingmanifesting.com/>
(also on Instagram!)

Virtual Calm Down Activities:

<https://www.thepathway2success.com/virtual-calm-down-activities/>

Introverted Doodles:

<https://introvertdoodles.com/tag/charts-graphs/> |

<https://www.facebook.com/introvertdoodles>

CONTROL THE 'D' 'E' IN STRESSED!

The 5-4-3-2-1 Grounding Technique

Ease your state of mind in stressful moments.



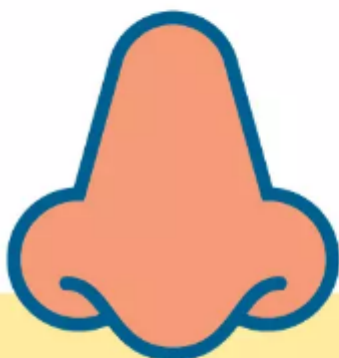
Acknowledge **5** things
that you can see
around you.



Acknowledge **4** things
that you can touch
around you.



Acknowledge **3** things
that you can hear
around you.



Acknowledge **2** things
that you can smell
around you.



Acknowledge **1** thing
that you can taste
around you.