

Activities to help stay mentally well during times of uncertainty:

- Instead of texting, use the phone for its original purpose. Just hearing someone's voice can lift your spirits!
- Get outside! If you have a car, go for a drive. Take a picnic and sit outside. Go for a hike or long walk.
- Don't neglect exercise! [Here](#) is a list of apps offering *free* workouts and yoga.
- Have some fun in the kitchen! Cook and bake or try new recipes with your family.
- Find *warmth*. Take a hot shower or bath, cozy up with a warm blanket, or make a warm cup of tea.
- Find an engaging activity! Start a new book or book series. Complete a new challenging puzzle. Color or draw.
- Listen to music, sing, and dance!
- Clean out your closet and donate items.
- Limit social media use.

Resources:

Chesterfield Crisis Intervention- (804) 748-6356

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

[Taking Care of Your Mental Health in the Face of Uncertainty](#)

Mindfulness resources:

- **Stress Management/Relaxation Apps:**
<https://docs.google.com/document/d/1HQYq9ivj7OHq6vIRqeefBUfpfovFnoQ3n0XSPo3Ffmg/edit>
- **50 Ways to Take a Break:** <http://www.fullcupthirstyspirit.com/posters.php>
- **Deep Breathing Printables:**
<https://drive.google.com/a/ccpsnet.net/file/d/0BwMdBp-ogLZtX0htckIPMVZXUUE/view?usp=sharing>
- **Stress Management for Teens:**
<https://drive.google.com/open?id=1r1j1BhNxI5Q9Y8n41cosrgUyw5WV6m-1>

[Fight Stress with Healthy Habits](#)

[Supporting Kids During the Coronavirus Crisis](#)

[Website to Help Children with Anxiety](#)

[The family lockdown guide: how to emotionally prepare for coronavirus quarantine](#)

THE CALM APP

Calm is a sleep and meditation app with the mission of helping individuals lower their stress and anxiety level and improve their sleep quality through mindful meditations. They have shared this link with **free** resources and meditations.

[Let's meet this moment together](#)

[20 Ways to Build Resilience at Home](#)

How do I talk to my teen about what is happening? How do I alleviate their anxiety about a threat that is so real? How do I alleviate my own anxiety? There are things that can help. Even with this encroaching threat. It involves taking back control and reducing feelings of helplessness.

Australian psychologist Karen Young, who maintains a website called *Hey Sigmund* (www.heysigmund.com), shares valuable advice in her video [How to Help Children and Teens Feel Calm When the World Feels Fragile..](#) Her website also offers many more strategies for anxious teens.