

# 10 TIPS TO REDUCE COVID-19 ANXIETY



Focus on things you can control, such as your thoughts and behaviors.



Control how often you check the latest news.



Keep the big picture in mind. Humankind will survive this.



Model peaceful behavior for those around you.



Remember that the size of news coverage may not equal the size of a threat.



Evaluate your own health behaviors and be a model for others, including children.



Let wisdom and logic guide you.



Feeling too isolated? Maintain digital connections with people.



Turn to reputable sources for your news.



Don't let fear influence your decisions, such as hoarding supplies.

# 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

PREDICTING WHAT WILL HAPPEN

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



Clipart: Carrie Stephens Art  
TheCounselingTeacher.com

## **Resources for Talking to Kids About Coronavirus:**

### **Talking to Children About COVID-19**

<https://www.fcps.edu/blog/talking-children-about-coronavirus>

### **PBS Kids: How to Talk to Your Kids About Coronavirus**

[https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtrYTQoC-AH0P3H1D5QgEqQneurBPnE\\_L6Omv30#.XmqzisKG7LA.facebook](https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus?fbclid=IwAR26F2Tmdj3pJN3iv6yAtrYTQoC-AH0P3H1D5QgEqQneurBPnE_L6Omv30#.XmqzisKG7LA.facebook)

### **Just for Kids: A Comic Exploring the New Coronavirus from NPR**

<https://m.youtube.com/watch?feature=youtu.be&v=x2EiBzCnn8U>

### **Brain Pop Video About the Coronavirus**

<https://www.brainpop.com/health/diseasesinjuriesandconditions/coronavirus/>

### **Talking to Children About COVID-19 (Coronavirus): A Parent Resource**

[https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-\(coronavirus\)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w\\_2rzqWcel\\_OdFpM](https://www.nasponline.org/resources-and-publications/resources-and-podcasts/school-climate-safety-and-crisis/health-crisis-resources/talking-to-children-about-covid-19-(coronavirus)-a-parent-resource?fbclid=IwAR2qPcQ9tTi8fF3Ci81foJsGwstAEjhbPt5LLkUCn77w_2rzqWcel_OdFpM)

### **How to Talk to Kids About the Coronavirus**

<https://m.youtube.com/watch?v=WhVad8ToCiU&feature=youtu.be>

### **Resources to Help You Talk to Your Kids About COVID-19**

<https://blackwellcounselors.weebly.com/>

### **The Yucky Bug by Julia Cook**

<https://www.youtube.com/watch?v=ZD9KNhmOCV4>

## **Social-Emotional Learning Resources**

### **Active Screen Time Resource**

<https://www.gonoodle.com/for-families/>

### **Yoga, Mindfulness and Relaxation Designed for Kids Aged 3+**

<https://www.youtube.com/user/CosmicKidsYoga>

### **Ultimate Guide to Mental Health and Education Resources for Kids and Teens**

<https://onlinecounselingprograms.com/resources/ultimate-guide-to-mental-health-and-education-resources/>

### **Help Your Family De-Stress During Coronavirus Uncertainty**

<https://www.commonsemmedia.org/blog/help-your-family-de-stress-during-coronavirus-uncertainty>

### **Videos for Sleep, Meditation and Relaxation**

<https://app.www.calm.com/meditate>

### **Progressive Muscle Relaxation for Kids**

<https://www.youtube.com/watch?v=cDKyRpW-Yuc>

### **Howard B. Wigglebottom Books, Animated Books, Songs, Posters and Lessons**

<https://wedolisten.org/>

### **Giant List of Ideas for Being Home with Kids**

<https://docs.google.com/document/d/1o6kEgCKLn3cyIm2hehhhSTIk7yRTd0C3zx49JS4wwCI/mobilebasic>

### **Explore Brain Pop Videos and Activities**

<https://jr.brainpop.com/health/>

### **Coping Skills Resources**

[https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive\\_coping.html](https://depts.washington.edu/hcsats/PDF/TF-%20CBT/pages/cognitive_coping.html)

### **10 Days of Live 'Choose Love' Lessons For Parents and Children**

<https://www.jesselewischooselove.org/blog/2020/03/free-10-day-live-stream-for-parents-and-children/>

**Kindness Videos**

<https://www.randomactsofkindness.org/kindness-videos>

**Online Learning/Enrichment Resources****Education Companies Offering Free Subscriptions Due to School Closings: Amazing Educational Resources**

<http://www.amazingeducationalresources.com/>

**Free Personalized Learning Resource**

<https://www.khanacademy.org/>

**Free Online Learning Resources for Teaching Your Students Virtually**

[https://www.weareteachers.com/free-online-learning-resources/?utm\\_content=1584109337&utm\\_medium=social&utm\\_source=facebook#elementary](https://www.weareteachers.com/free-online-learning-resources/?utm_content=1584109337&utm_medium=social&utm_source=facebook#elementary)

**Library of Resources for Kids, Families, Teachers, and Librarians to Make Sure That Reading & Learning Can Happen Anywhere**

<https://www.katemessner.com/read-wonder-and-learn-favorite-authors-illustrators-share-resources-for-learning-anywhere-spring-2020/>

**Kahoot! Offers Free Distance Learning Tools During the Coronavirus Outbreak**

<https://kahoot.com/coronavirus-remote-offer/>

FUN AND FREE WAYS TO LEARN FROM HOME	
<p><b>MATH:</b></p> <p>Prodigy <a href="http://play.prodigygame.com">play.prodigygame.com</a></p> <p>Khan Academy <a href="http://www.khanacademy.org">www.khanacademy.org</a></p>	<p><b>READING:</b></p> <p>Squiggle Park <a href="http://www.squigglepark.com">www.squigglepark.com</a></p> <p>Storyline <a href="http://www.storylineonline.net/">www.storylineonline.net/</a></p>
<p><b>SCIENCE:</b></p> <p>Mystery Doug <a href="http://mysterydoug.com">mysterydoug.com</a></p> <p>National Geographic <a href="http://kids.nationalgeographic.com">kids.nationalgeographic.com</a></p>	 <p><b>SOCIAL STUDIES:</b></p> <p>History for Kids <a href="http://www.historyforkids.net">www.historyforkids.net</a></p>
<p><b>WRITING:</b></p> <p>Typing Club <a href="http://www.typingclub.com">www.typingclub.com</a></p>	<p>THAT FUN TEACHER</p>

## Mental Health Resources

### Mental Health Resources and Emergency Services Information (National and Local Crisis Resources)



<http://www.pcageorgiahelpline.org/>

Those who prefer chat or text can contact the Crisis Text Line by texting the word HOME to 741-741 or can download the My GCAL APP to any smart phone.