



Resources

www.cdc.gov

Covid anxiety workbook - <https://thewellnesssociety.org/free-coronavirus-anxiety-workbook/>

Child emotional wellness - <https://www.healthychildren.org/English/healthy-living/emotional-wellness/Pages/default.aspx>

Child mental health - <https://www.mhanational.org/what-every-child-needs-good-mental-health>

Covid related wellness - <https://mhanational.org/covid19/wellness-coping-skills>

Child Trauma - <https://www.nctsn.org/what-is-child-trauma/about-child-trauma>

Self-harm behavior - <http://www.selfinjury.bctr.cornell.edu/resources.html>

Suicide support - <https://www.thetrevorproject.org/blog/implications-of-covid-19-for-lgbtq-youth-mental-health-and-suicide-prevention/>

SEL Curriculum

<https://www.npr.org/sections/ed/2014/12/31/356187871/why-emotional-literacy-may-be-as-important-as-learning-the-a-b-c-s>

SEL classroom resource/support/implementation - <https://casel.org/>

SEL curriculum - <https://fasttrackproject.org/overview.php>

SEL curriculum - <https://pathsprogram.com/>

Mental Health in schools by state -

<https://drive.google.com/file/d/1exCftDPhZ8bhCZgvoIktLGPcPKM6GzvY/view>

Support Lines

COVID Support Hotline (CalHOPE) 833-317-4673

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

National Suicide Prevention Lifeline 1-800-273-8255

<https://suicidepreventionlifeline.org/>

LGBT National Youth Talkline 800-246-7743

<https://www.glbthotline.org/talkline.html>

National Domestic Violence Hotline 1-800-799-7233

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

Crisis Text Line

Text **HOME** to **741741**

Teen Line **800-852-8336**

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

SAMHSA's National Helpline **1-800-662-4357**

Books for Children

My Incredible Talking Body: Learning to be Calm

by Rebecca Bowen

A Kid's Guide to Coronavirus by Rebecca Grove and Julia Martin Burch

Hey Warrior! (anxiety) by Karen Young

When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety by Kari

Dunn Buron

It's Okay to Make Mistakes by Todd Parr

Wilma Jean the Worry Machine by Julia Cook

Blueloon (depression) by Julia Cook

Charlie and the Dog Who Came to Stay: A Book about Depression

by Dr. Ruth Spence

Danny and the Blue Cloud: Coping with Childhood Depression

by James M. Foley

Meh: A Story about Depression by Deborah Malcolm

The Science of Breakable Things by Tae Keller

The Boy with the Big, Big Feelings by Britney Winn Lee

Breathing Makes it Better: A Book for Sad Days, Mad Days, Glad Days, and All the Feelings In-Between (emotion and mindfulness) by Christopher Willard

Once I was Very Scared (Trauma) Chandra Ippen Gosh, PhD

The Invisible String (Grief/loss) by Patrice Karst and Joanne Lew-Vriethoff

It's Your Weirdness that Makes You Wonderful: A Self-Acceptance Prompt Journal (self-acceptance) by Kate Allen

There Might Be Lobsters by Carolyn Crimi

The What-Ifs (worry) by Emily Kilgore

Jabari Jumps (worry/bravery/BIPOC) by Gaia Cornwall

The Book of Mistakes (self-acceptance) by Corinna Luyken

The Girl Who Never Made Mistakes (self-acceptance) by Mark Pett

The Dot (individual expression) by Peter H. Reynolds

Giraffes Can't Dance (self-acceptance) by Giles Andreae

Grumpy Monkey (big emotions) by Suzanne Lang

A Little Spot...(book series for emotion support) by Diane Alber

Books for Supportive Adults

How To Talk So Kids Will Listen and Listen So Kids Will Talk, by Adele Faber (Communication)

Parenting the Defiant Child, (Behavior and reinforcement) Alan Kazdin, PhD

Smart But Stuck: Emotions in Teens and Adults with ADHD, (ADHD and emotions) Thomas Brown, PhD

Cooperative Games in Education; Building Community Without Competition, Pre-K–12 (SEL activities) by Suzanne Lyons

Emotionally Responsive Practice; A Path for Schools That Heal, Infancy–Grade 6, (SEL) by Lesley Koplow

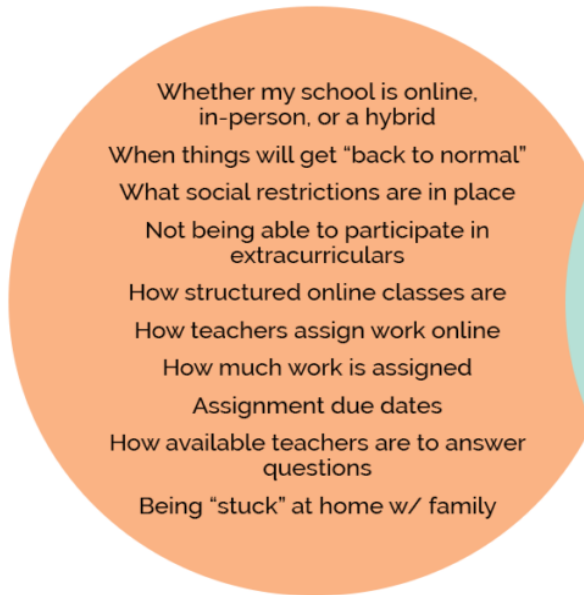
Trauma Doesn't Stop at the School Door; Strategies and Solutions for Educators, PreK–College, (trauma and academics) by Karen Gross

The Power of Student Agency; Looking Beyond Grit to Close the Opportunity Gap (SES stressors and classroom support) by Anindya Kundu

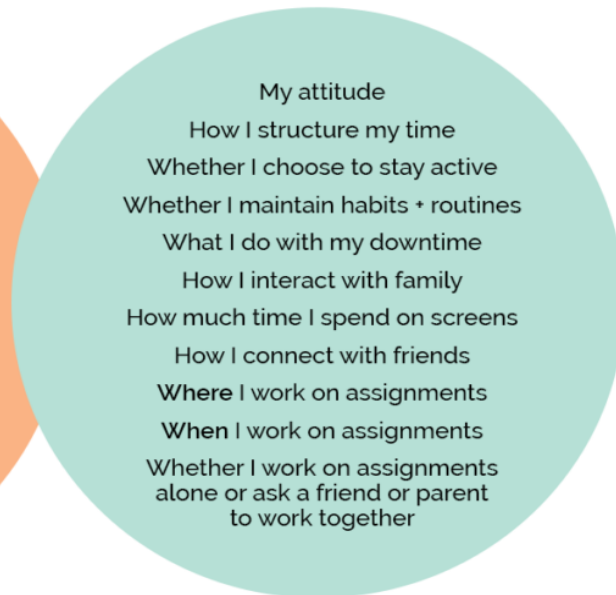
App based services

- **Lumina Counseling** (Help Group/therapy)
- **Moodfit** (Overall Mental health)
- **MoodMission** (Learning coping skills)
- **Sanvelo, iBreathe** (stress relief)
- **Bearable** (symptom tracking)
- **NOCD** (OCD therapy)
- **Mindshift CBT** (anxiety)
- **EMoods** (bipolar disorder)
- **Depression CBT Self-Help Guide** - (depression help)
- **Todoist** (ADHD)
- **PTSD Coach** (PTSD)
- **Quit That!** (addiction)
- **Life Kit** (Podcast – Various topics for "help being human")
- **Shine** (BIPOC)
- **Medication** (Calm/Headspace)
- **Happify** (fun)
- **DBT Diary card** (mood regulations and interpersonal relationship improvement)
- **Talk Life** (peer support)
- **Mindshift** (KQED – innovations in education)
- **Crisis or Suicide Support:**
 - **Virtual Hope Box, notOK, SAMHSA Suicide Safe**
 - **Koko** (crisis intervention)
 - **My3** (suicide safety planning)

Out of my control



In my control



Self-care and support strategies

Most commonly cited:

- Regular exercise, Meditation, Bath, Journaling, Spa time, Balanced diet, Vacation

Everyday ideas for realistic self-care

- Walk to the mail box taking a longer route
- Establishing regular sleep times and routines
- Taking 5 min of alone time in the bathroom,
- listen to a songs or supportive auditory activities (relaxation) during another task or chores
- mindful eating, <https://www.mindfulnessdiet.com/program/articles/a-mindfulness-eating-exercise-simple-instructions>
- scheduling social support time – even if it is just a text to a friend
- protect your mornings – starting your day with a simple relaxing routine when cortisol (stress hormones) are at their lowest, for example waking 5 minutes early to make sure you can start your coffee before the kids wake up
- Find time to just be outside during dawn and dusk for about 15 minutes – helps with sleep/wake system regulation most ideal
- Dance randomly at home, in the car, the bathroom etc., if you love it
- Having plants or seeing plants outside your window can reduce stress
- reduce sounds to help with concentration or feeling overwhelmed (headphones)
- Take breaks from watching/listening to the news
- Take social media breaks
- spend time with animals,

- laughter – of any kind
- If you like to stay busy, try to find simple doable tasks especially when stress is higher. For example if you like NYT crossword puzzles aim for doing a Monday puzzle vs. a Sunday puzzle when stress is greater. For leisure activities they can help improve mood in times of high stress – but only if they are doable.
- Encourage your partners or other supportive adults to also practice these skills and ask each other for personal time-outs before feeling overwhelmed.

5 Action Steps for Helping Someone in Emotional Pain

 <p>ASK</p> <p>"Are you thinking about killing yourself?"</p>	 <p>KEEP THEM SAFE</p> <p>Reduce access to lethal items or places.</p>	 <p>BE THERE</p> <p>Listen carefully and acknowledge their feelings.</p>	 <p>HELP THEM CONNECT</p> <p>Save the National Suicide Prevention Lifeline number 1-800-273-8255.</p>	 <p>STAY CONNECTED</p> <p>Follow up and stay in touch after a crisis.</p>
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National Institute of Mental Health
www.nimh.nih.gov/suicideprevention

Npr.org – Life Kit



UGH, WORRY, WHEN OUR POOR 'LIL BRAINS ARE FILLED WITH IT, NOT MUCH ELSE CAN GO ON.

IN ORDER TO SURVIVE WE WERE PROGRAMMED FOR FEAR. WE LEARNED TO FEAR SO WE COULD PLAN AHEAD, BUT WE NEED ACCURATE INFORMATION TO PLAN.

WITHOUT THAT INFORMATION, OUR BRAIN SHOUFFLES THROUGH ALL POSSIBLE SCENARIOS AND STARTS TO SPIN OUT AND WORRY - LEADING TO PANIC, FRUSTRATION OR ANGER.

TIP 1. LEARN HOW YOUR BRAIN WORKS VIA... THE REWARD-BASED LEARNING SYSTEM!

HABIT LOOPS

TRIGGER (THE HOOK) → BEHAVIOR (THE DOING) → RESULT (THE FEELING)

IF THE HABIT LOOP IS REWARDING TO OUR BRAIN, THEN WE REPEAT IT.

TIP 2. TAP INTO THE SYSTEM TO OBSERVE THE LOOPS. IF WATCHING THE NEWS, FOR EXAMPLE, STARTS UP YOUR WORRY BRAIN, ASK YOURSELF: WHAT DO YOU FEEL?

TIP 3. GIVE YOUR BRAIN AN ALTERNATIVE. IF THE NEWS MAKES YOU ANXIOUS/WARRIOR, COMBAT THAT WITH AN ACTIVITY THAT BRINGS YOU CONNECTEDNESS. IT'S A BETTER OFFER.

CONNECTEDNESS > DIVERSITY

AND HERE'S A NEAT TRICK TO HELP CALM YOUR ANXIOUS, WORRIED BRAIN IN THE MOMENT. FIVE-FINGER BREATHING. *DO AS MANY TIMES AS NEEDED.

BREATHE IN AS YOU TRACE UP YOUR FINGERES **BREATHE OUT AS YOU LET DOWN**

LIFE KIT

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