

## Taking Care of Your Mental Health During COVID-19

Stress and fear can be a common response to the coronavirus (COVID-19) in both adults and children. Knowing ways to deal with stress and anxiety during this time can be especially useful. Consider incorporating these practices into both your and your child's daily routines:

- **Stick to a routine** - Kids understand routine. Create a daily schedule and post it where children can refer to it throughout the day. This provides structure for both the child and parent.
- **Limit exposure to the news** - Repeatedly listening to or reading the news can increase anxiety. Adults should consider checking in on the news for updates periodically and to stay informed. Children should have very limited, if any, access to the news, and should always be monitored by an adult.
- **Move your body** - Our students are used to having a 60-acre campus to move around daily. Let's keep students moving by taking a walk outside, playing in the backyard, working out at home, or turning on music and dancing.
- **Get fresh air** - While it is necessary to practice social distancing right now, getting fresh air is beneficial to our mental health. Spend time outside each day.
- **Eat well and get enough sleep** - Studies show that eating well-balanced meals and getting enough sleep are essential to our overall well-being. The National Sleep Foundation has recently made [updated recommendations](#) to the amount of sleep each age group needs.
- **Stay connected** - Reach out to family and friends. Using apps like FaceTime, Zoom, or Skype can help with staying in touch while also practicing social distancing.
- **Seek help when needed** - If feelings of anxiety, stress, or depression persist, contact a medical professional for help. You may also contact SAMHSA's hotline for mental health support at 1-800-985-5990 or visit their [website](#) for more information.

### Mindfulness

Mindfulness is a wonderful practice for both adults and children. It can help to reduce stress and anxiety during this unusual and challenging time. Listed below are mindfulness resources for different age groups:

- Practice [Belly Breathing](#) (Prek - 2)
- [GoNoodle](#) - Mindfulness Through Movement (Prek - 5)
- Make a [Mindfulness Glitter Jar](#) (all ages)
- [Cosmic Kids](#) Videos (Prek - 4)
- 5 Daily [Mindfulness Practices](#) (Middle School - Adult)

- Use apps such as Calm, Headspace, or Shine (all ages)
- [Coping Skills for Kids](#) - includes breathing exercises, crafts, and videos (all ages)
- [Tips for Teaching Mindfulness to Kids](#) (all ages)