

Links and Support for Parents

[CDC- Managing Stress and Anxiety During Coronavirus](#)

[Coping with Stress During Infectious Disease Outbreak](#)

[Helping Your Children Cope](#)

A list of Apps and Websites: Helping Teens Handle Stress

[Guided Relaxation for Teens](#)

Stop, Breathe, and Think

Calm.com

Insight Timer

Plum Village: Zen Meditation

MindShift

Smiling Mind

Headspace