

*We Care About Your*

# EMOTIONAL WELLNESS

The constant coverage of COVID-19 can cause stress, fear, and anxiety in our students and families. Below are some resources to help guide parents in accurate, fact-based discussions, while helping to lessen anxiety and provide reassurance.

## PARENT RESOURCES

### ♥ **Managing Anxiety and Stress**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

### ♥ **Helping Children Cope with Stress**

[https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff\\_2](https://www.who.int/docs/default-source/coronaviruse/helping-children-cope-with-stress-print.pdf?sfvrsn=f3a063ff_2)

### ♥ **Coping with the Stress of COVID-19**

<http://www.ucihealth.org/news/2020/03/covid-19-anxiety>

### ♥ **Supporting Families During COVID-19**

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

### ♥ **Supporting Children's Emotional Well-Being**

<https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

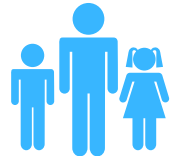
## STUDENT RESOURCES

### ♥ **For Young Students**

- <https://www.npr.org/sections/goatsandsoda/2020/02/28/809580453/just-for-kids-a-comic-exploring-the-new-coronavirus>
- <https://alliedhealth.lsuhs.edu/clinics/docs/CarolineConquersHerCoronaFears31820.pdf>

### ♥ **For Teens**

- <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>



**AND DON'T FORGET TO  
CHECK OUT THE DISTRICT'S  
COMMUNITY  
RESOURCES**

