

## Tips for Anxiety

- Practice being in the present moment
- Recognize what you can control
- Pay attention to your unique situation
- Engage in something fulfilling
- Take a gradual approach
- Journal
- Schedule specific time to worry
- Practice gratitude
- Avoid drugs and alcohol
- Stay Connected
- Be kind to yourself and others
- Presume some sense of normalcy
- Engage in stress reduction activities

## Parent Guide/Tips for child's emotional wellbeing

- Add structure to the day
- Prioritize positive feedback
- Spend quality time together
- Pause and slow down
- Encourage your child to resume/cultivate hobbies
- Set limits on media use, explain what is going on in the new and what it means
- Have child stay electronically connected with friends
- Entrust your child with developmentally appropriate tasks

For more information contact your STISD counseling center.

## Attend to the basics

**Sleep:** Optimal quality and duration of sleep is essential for optimal brain functioning and emotional well-being.

**Covid-19:** Implement and teach your child/teen the novel coronavirus precautions as per CDC guidelines. Watch your child/teen for any emerging signs of illness.

**Learning:** Coordinate with your child's school for your child's learning activities and to discuss any challenges.



“You cannot always control what goes on outside, but you can always control what goes on inside.”  
—Wayne Dyer