



**WELCOME!**

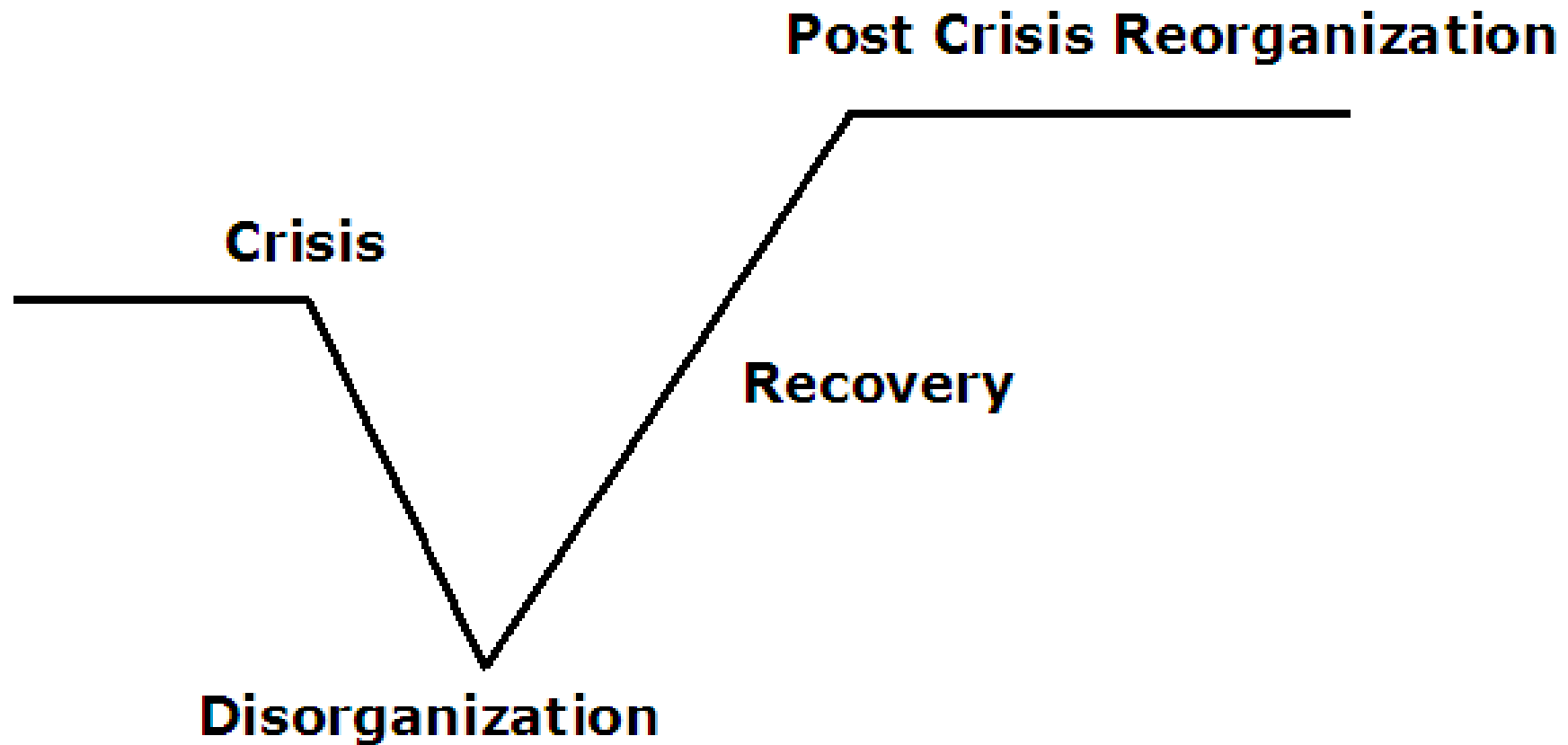
An illustration featuring a central figure with dark hair and a brown shirt, covering their face with their hands in a gesture of distress or despair. This central figure is surrounded by several other stylized human figures in various shades of blue and teal, some appearing to be in conversation or looking towards the central figure. The background is a solid blue color.

# **SUPPORTING OUR YOUTH IN COMPLEX TIMES**

**Coping with anxiety, stress and crisis**

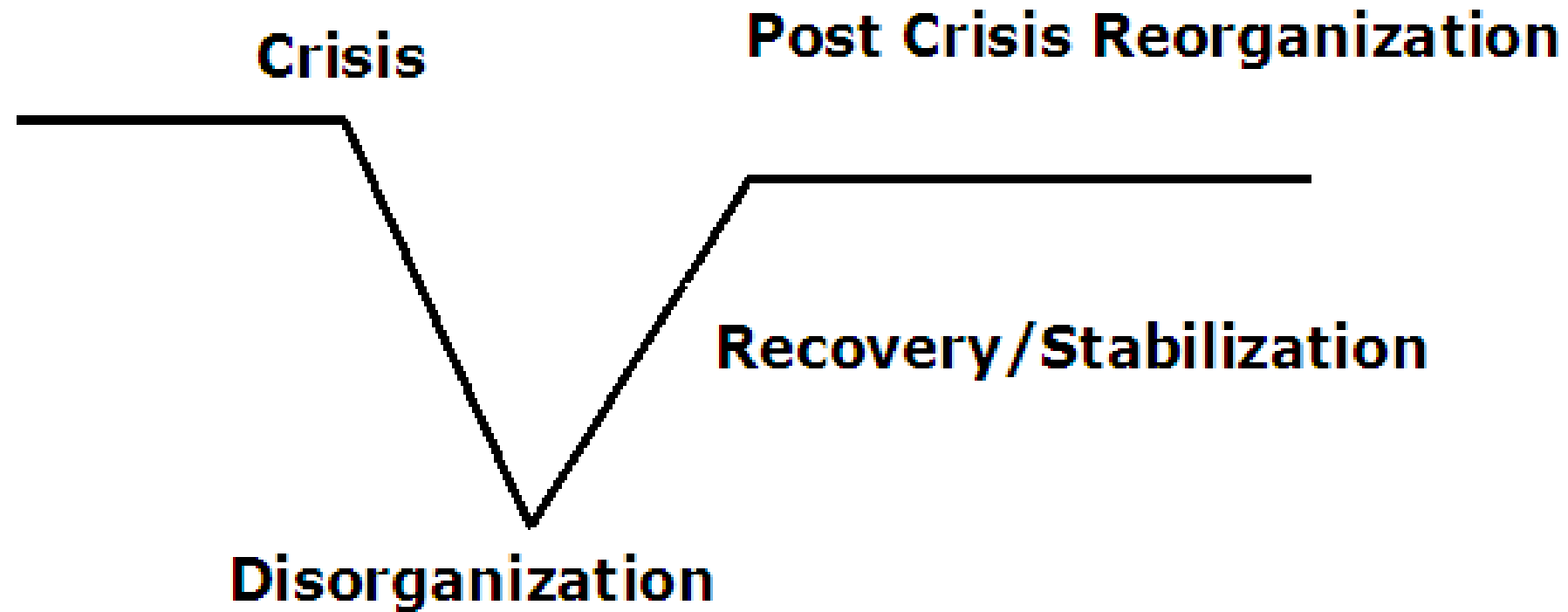
# Coping with Crisis

## Healthy System



# Coping with Crisis

## Unhealthy System





## **What Does it look like?**

- Struggles with Sleep
- Paralysis
- Panic
- Anger
- Struggles with concentration
- Depression/withdrawal

# Coping Strategies (mentors)

**Stay informed,  
not inundated.**

**Stay in the  
present**

**Be productive,  
find purpose,  
be of service**

**Stay  
connected**

**Holistic health**

**Find gratitude**

# Coping Strategies (mentees)

**Remain  
calm/present**

**Assure  
safety**

**Support  
routines**

**Acknowledge  
reality**

**Fill in the  
gaps**

**Focus on  
response**



Sometimes the smallest things  
take up the most room in your heart

- Winnie the Pooh