

Mrs. A's Counseling Corner

Let's talk about coping with stress!

Anyone feeling stressed? Overwhelmed? Frustrated?

We are living through an event in world history that is unprecedented. Pandemics have happened before, but never in history have we been able to watch the horrific situation unfold every day on a global scale. The effects of this medical crisis are widespread – sickness, job loss, social distancing, and danger to loved ones can throw a huge amount of stress our way. For our Anniston High School students there is also the disappointment of missed opportunities to make memories in spring sports, prom, graduation, and a hundred other moments that we are not able to experience as planned. We haven't had a chance to say the things we want to say or do the things we want to do!

We know this can create a stressful environment. Everyone handles stress in a different way. Our goal should be to find coping strategies that are healthy for us. Some healthy coping strategies include exercising, writing in a journal, drawing, listening to music, talking to a friend, making a list, cleaning or organizing something small (drawer, closet), spending time in nature, meditating, cooking, learning something new, and napping. If you find yourself stressed out, consider what healthy coping strategies have worked for you in the past. If those do not help, try a new one or one listed above!

We are concerned for you. We value you. We are proud of you. We love you!

If you are feeling frustrated or overwhelmed here are some additional resources that can help:

Phone Apps for Stress Management:

Calm

Headspace

General Anxiety and Stress Management:

VeryWell Mind – [Coping with COVID-19](#) (Multiple topics)

Greater Good – [When COVID-19 Anxiety is Useful and When It Isn't \(Pro\)Social Distancing](#)

[The importance of self-care for young children](#)

[CDC: Manage anxiety and stress](#)

[Using social-emotional learning to help in times of stress](#)

[Helping children cope with emergencies](#)

[Helping children cope with stress](#)

[Talking to Your Kids About Social Distancing](#)

[Teaching Our World: The Coronavirus](#)

Emotional and Mental Health Resources:

[Crisis Text Line](#)

[Highland Health](#)

[National Suicide Prevention Lifeline](#)

[How To Calm Down During A Panic Attack](#)

[Feeling Overwhelmed? Guided Meditation](#)
[7 Ways to Support Kids and Teens Through the Coronavirus Pandemic](#)

Help with Basic Needs:

[United Way of Alabama - 211](#)
[Alabama Department of Human Resources](#)

Exercise:

[Free Workout Programs - #ChloeTingChallenge](#)
[Yoga For Complete Beginners - 20 Minute Home Yoga Workout!](#)
[30-Minute HIIT Cardio Workout - No Equipment](#)
[Cosmic Kids Yoga \(Ages 3 and older\)](#)
[Indoor physical movement](#)
[Playworks – Play at Home](#)
[P.E. with Joe, The Body Coach](#)

Healthy Eating:

[Healthy Activities to Do at Home](#)
[Healthy Recipe Ideas](#)
[Cooking With Kids](#)
[Farm Food – Virtual Tours of Farms](#)

Addiction Recovery/Online Support Groups:

[In The Rooms- Global Recovery Community](#)
[Smart Recovery- Life beyond addiction](#)
[We Connect Recovery- Free online meetings](#)
[Lionrock Recovery- COVID 19 Online support group, AA meetings and Drug & Alcohol support groups](#)

Online Tutoring and Boredom Busters for Teens & Parents:

[Khan Academy](#)
[Curing Boredom](#)
[Geography & History](#)
[Math](#)
[College admissions & test prep](#)
[Physics](#)
[Anatomy](#)
[Brightstorm](#) (YouTube - Multiple topics covered.)
[Biology Simulations](#)
[Chemistry Topics](#)
[Science, Math, Social Studies Help](#)
[Typing Practice – Typing Races](#)
[Work on Writing Skills](#)
[Home schooling schedule and tutoring](#)
[Online Tour of Yellowstone National Park](#)
[12 Museums From Around the World That You Can Visit Virtually](#)

[Visit the Louvre Museum in Paris](#)
[Virtual Tour – Great Wall of China](#)

Activities for Younger Children:

[Educational games](#)

[Online Math Learning for Home](#)

[Play Activities for Birth to 12 months](#)

[Play Activities for 12 to 24 months](#)

[Play Activities for 24 to 36 months](#)

[Desmond Dennis Nursery Rhymes](#)

[GoNoodle Movement & Mindfulness Videos](#)

[130+ Amazing Online Learning Resources](#)

[American Museum of Natural History](#)

[Coding for kids](#)

[Diverse Learning at Home for Special Populations](#)

[RMSC Open for Curiosity](#)

[Online Stories Read Aloud](#)

[Crafts, activities, mazes, dot to dot, etc.](#)

[Dr. Seuss](#)

[Geography and animals](#)

Many thanks to the Tempe Arizona Fire Department for collaborating with me to benefit the students of Anniston High School!