

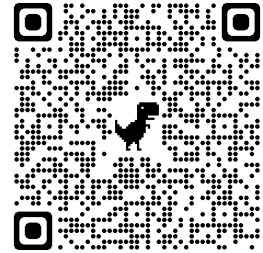
Emotion Coping Skill Resources

Video Resources

Feeling Anxious? Ways for Children and Teens to Cope

This 6-minute video from UCSF psychologist Dr. Anna Swan presents three steps to help youth when they are feeling anxious:

1. Notice that you are feeling anxious
2. Identify worry thoughts, particularly thoughts that get stuck, increase anxiety, and are hard to control.
3. Apply actions that help, including:
 - structure and routines
 - relaxation strategies
 - helpful thinking
 - brave challenges
 - results and rewards.



<https://youtu.be/Leyx4NpWQRo>

Feeling Extreme Emotions? Try a Survival TIPP

This 5-minute video from UCSF psychologist Dr. Esme Shaller presents four strategies taken from dialectical behavior therapy (DBT) called TIPP:

- Temperature,
- Intense exercise
- Progressive muscle relaxation, and
- Paced breathing

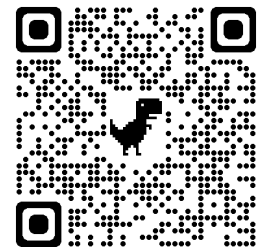
These can be used when your physical anxiety or stress level is about to boil over and you need a quick reset, or use when you are struggling with disconnecting from emotions and transitioning to sleep at the end of a long day.



<https://youtu.be/vplp0UsUjk8>

Morning MeditOceans: Guided Meditations With The Ocean

The Monterey Bay Aquarium has a collection of guided meditations lasting between ~10-15 minutes. The videos mix footage from ocean environments (including a kelp forest and the open sea) with voiceovers guiding deep breathing and relaxation.



https://youtube.com/playlist?list=PLq_DVMr7CmlJ3DJothjCJNylwgyrB72V6

For more resources, including a school ProjectEcho® webinar and slidedeck, visit: capp.ucsf.edu

Online Resources

Project YES online mental health tools

Project YES (Youth Empowerment & Support) offers free, anonymous, brief mental health tools for teens (ages 11-17). YES empowers teens to learn new ways of dealing with stress while helping others do the same.

<https://www.schleiderlab.org/yes.html>



OneMindPsyberGuide

This report is intended for parents and caregivers, families with teens, and mental health professionals and researchers who work with teens. It contains information and data to better comprehend and support teen mental health with the help of digital tools.

<https://onemindpsyberguide.org/resources/#digital-mental-health-tools>



Coping Skill Toolkit

- Take 5 deep breaths
- Take a walk down the hallway
- Put cold ice packs on face (place under eyes, hold for 30 seconds, rest and repeat)
- Do 15 jumping jacks/as many as can in 1 min
- Tear up paper from the recycling bin
- Take a break in a quiet area
- 3-2-1 grounding technique:
 - Name 3 things you see
 - Name 2 things you hear
 - Name 1 thing you can touch