

ANXIETY COPING RESOURCES

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

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)
- Empowers teens to learn new ways of dealing with stress while helping others do the same

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



OneMindPsyberGuide

- Intended for parents and caregivers, mental health professionals and researchers who work with teens
- 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>



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

Videos

Feeling Anxious? Ways for Children and Teens to Cope (6 min)

From UCSF psychologist Dr. Anna Swan - presents three steps to help when youth 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.

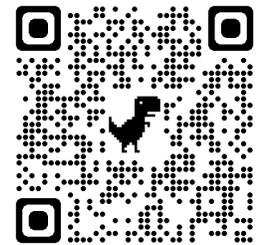


<https://youtu.be/Leyx4NpWQRo>

Feeling Extreme Emotions? Try a Survival TIPP (5 min)

From UCSF psychologist Dr. Esme Shaller - presents four strategies from dialectical behavior therapy (DBT) called TIPP:

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



Use when physical anxiety or stress level is very high 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

- From Monterey Bay Aquarium
- Collection of guided meditations lasting between ~10-15 minutes
- 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