

Coping Strategies and Ideas for Students

- Talk with adults that you trust—let them know how you are feeling and what you may need.
- Spend time with loved ones. Talk with a friend.
- Do things that are healthy and fun. Though inside or at home, practice an art (sketch, paint etc.) color, read, write in a journal, listen to music.
- Practice deep breathing exercises
- Participate in play. It is ok and stress relieving to have fun and participate in healthy play.
- Write your worries on a piece of paper. When done, throw it away.
- 2-2-2 Grounding technique: Find a space where you can sit comfortably. Scan the room and choose 2 things you can see. Scan the room and choose 2 things you can hear. Scan the room and choose 2 things you can feel.
- Think of your happy place or a relaxing image/picture. Meditate or pray or practice mindfulness. Watching funny videos and taking “brain breaks” can be a welcome distraction.
- Limit and/or monitor your access to media.
 - News may not be appropriate for all ages, and may be overwhelming.
 - Social media messages may be inaccurate, and overexposure can increase fear, anxiety and other emotions
- Know that fear, anxiety, anger, worries and a range of other emotions can be very common during times of stress/crisis.
- Try to set up a schedule and/or regular routines, if possible. Having structure increases feelings of safety and security.
- Make healthy eating choices and try to maintain a regular sleep routine
- Helpful Apps: Calm, Virtual box, Take a Break and Relax Me ***Please check free versions of suggested applications
- Ask for help when you need it.



District Support:

Telephone Check-ins and counseling support

1-657-290-9527 8:00am – 4:00 pm

