



# Coping Through COVID-19

During this time of uncertainty, it is essential to focus on our health, maintain self-care, engage in social interaction with friends via online platforms while also trying to sustain normal routines that bring stability and comfort. As we commence remote learning, it is important to return to have a daily routine. It is helpful to make time to exercise, eat healthy, enjoy creative activities, get outside (while practicing social distancing and connecting with our friends and family (virtually when this cannot be done according to the Health Minister's directions)).

## Mindfulness Exercises and Meditation to Reduce Anxiety

Right now much of the personal time that used to be part of our daily routines — commutes, going to school, hanging out with friends, doing homework — is not available. This means it's extra important to be intentional about creating space to recharge. Deciding to set time aside each day to practice mindful activities is a great place to start.

Yoga for Stress - Teens Yoga Class with Yoga Ed <https://youtu.be/f8nfwlcK-g>

Yoga for Anxiety and Stress [https://youtu.be/hJbRpHZr\\_d0](https://youtu.be/hJbRpHZr_d0)

Yoga for Teens with Adrienne <https://youtu.be/7kgZnJqzNaU>

A 10 Minute Meditation to relieve Stress and Anxiety <https://youtu.be/AQwiYhEQIIQ>

Mindfulness Meditation to help relieve Anxiety and Stress <https://youtu.be/Fpiw2hH-dlc>

3-minute Mindful Breathing Meditation <https://youtu.be/SEfs5TJZ6Nk>

5-minute Mindful Breathing <https://www.youtube.com/watch?v=I-SFdhVwrVA>

5-minute Guided Meditation to Relax and Recharge <https://youtu.be/8Xdwr4cRTVA>

Guided Meditation for Teenagers <http://mindfulnessforteens.com/guided-meditations/>

## **Free online Workshops and Courses for Youth and Adults Tools for Managing Uncertainty and Change:**

**Free online (Youth) via the Crisis Centre Join teens from throughout B.C.** for twice-weekly webinars to connect with others and support each other during this time. An experienced mindfulness educator will introduce you to a variety of mindfulness-based activities that you can try. Learn how to recognize and manage difficult emotions, like boredom, anxiety, disconnection and loneliness.

Drop-in for one or more sessions. Webinars are Tuesdays and Fridays via Zoom starting from April 3 - 28 from 1:30 - 2pm. You can attend live and/or access recorded sessions weekly at any time.

No experience is necessary. Open to youth (and their families) in grades 7 - 12. Please follow the link below for more information on registration. <https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/>

**Tools for Managing Stress and Burnout: 6 – Week Online (Adults)** via the Crisis Centre A 60-minute webinar led by an experienced mindfulness educator who will share practical mindfulness tools to support your mental health. Each session focuses on a different theme and incorporates a variety of activities, videos and guided mindfulness practices. Participation is flexible. You can attend live and/or access recorded classes weekly at any time.

Suitable for those with little to no mindfulness experience or for those with experience who are looking for new insights.

Attend live Zoom webinars every Wednesday from April 1 to May 6 from 12pm -1pm.

The crisis centre is waiving the \$99 registration fee to those who have been financially impacted by the virus. There is also a group rate (5+) option available for \$25..

For more details on registration please see the link below. <https://crisiscentre.bc.ca/special-programming-during-the-current-health-situation/>

**Free online courses for Teenagers via Coursera Coursera is waiving course fees.** This online educational platform offers a variety of courses on understanding personal well-being, computer science, math fundamentals, science, nature and new languages. [https://www.coursera.org/promo/free-courses-high-school?utm\\_medium=email&utm\\_source=marketing&utm\\_campaign=9ikqcG70Eeqd\\_xFKDENJkw](https://www.coursera.org/promo/free-courses-high-school?utm_medium=email&utm_source=marketing&utm_campaign=9ikqcG70Eeqd_xFKDENJkw)

## Healthy Living for Teens

Healthy eating, exercising regularly and getting adequate sleep is important to maintain a positive mood. Keeping a consistent sleep schedule, with predictable times to wake up and go to bed is particularly important to maintain and fulfill academic expectations.

Other suggestions:

- **Stop multitasking:** Because you no longer have your regular routines, you can feel scattering and may try to do 10 things at the same time. Stop. Set a few goals/priorities and focus on accomplishing one or two things. Take a break and then start a new task.
- **Make peace with uncertainty:** We don't know how long this will last or what things will be like when it is over. Practicing mindfulness allows you to focus on what is in your control – here and now vs. the hundreds of possibilities you cannot control.
- **Limit exposure to news:** By watching TV, checking for updates on your phone, or spending a lot of time on Instagram/Facebook/Snapchat, you will start to absorb all the emotions (and anxiety) of others. Pull away and spend time in nature.
- **Compassion and care:** Everyone, including you, have a range of feelings you are trying daily to process. Extend kindness and gratitude to yourself and to others. Leave a note for an elderly neighbor that you are thinking of them. Tell your parent you'll make supper tonight. Phone a friend from school you have been missing and have a phone conversation (not just text messages) – you need to hear each other's voices. Start a Gratitude Journal and make 4-10 entries every day.

## Mindset Shift During a Pandemic

### Negative Ways of thinking → Positive Coping Thinking

I am stuck at home	I get to be SAFE at home and spend time with family
I will get sick	I will self-isolate, wash my hands and this will significantly decrease my chances of getting sick
I will run out of items at home during self-isolation	I have prepared for this. I will use my items wisely and I have everything I need for now
Everything is shutting down and I am panicking	The most IMPORTANT places like hospitals, grocery stores and pharmacy are open
There is too much uncertainty right now	While I can't control the situation around me, I can control my actions. Doing breathwork, calling loved ones, getting enough sleep, prayer/meditation/quiet time, and doing activities at home I love will all help me at this time

## Activities to do at Home

- Virtual Tour of 12 Famous Museums
- Metropolitan Opera “Nightly Met Opera Streams”
- Cincinnati Zoo “Home Safari”
- 11 places around New York that you can Virtually Travel to Without Leaving Home
- 15 Broadway Plays and Musicals you can Watch on Stage from Home
- 20 Virtual Field Trips
- Nasa Image and Video Library
- Tour Yellowstone National Park
- Explore the Surface of Mars on the Curiosity Rover
- Virtual Tours of 31 National Parks in the U.S. via Google Earth
- The Palace of Versailles is offering a Free Tour
- Learn about fascinating scientific topics such as polar ecosystems, solar storms and renewable energy from Nova Labs at PBS
- MeditOcean - an 11-minute guided meditation video featuring jellyfish from the Monterey Bay Aquarium
- Learn how to write your name in ancient Egyptian hieroglyphs, in this step-by-step guide from the Royal Ontario Museum in Canada
- Get moving with fitness instructor Joe Wicks! His new video series, P.E. with Joe, presents a daily 30-minute workout that kids can perform at home
- There are 10 live webcams at the Monterey Bay Aquarium, where you can peek at sharks, sea otters, penguins and more. The San Diego Zoo has 11 animal webcams, Smithsonian's National Zoo and Conservation Biology Institute has four animal webcams, and there are six webcams at the Houston Zoo
- Play Words with Friends and Monopoly online with friends and family
- Start a Virtual Book Club with Friends over Zoom
- Create lunch/study breaks with your friends over Zoom
- Take 3 months of free Virtual Guitar Classes from Fender
- Learn photography tips from the pros at Nikon Live
- Take online cooking classes from London’s famous market: Borough Market. Classes are streamed on their Instagram account with recipes
- Coloring is one of the greatest ways to relax. Try out the free app Color Me for free coloring pages, such as Mandala’s, animals, portraits, flowers, nature etc.  
[https://play.google.com/store/apps/details?id=com.adult.coloring.book.pages&hl=en\\_CA](https://play.google.com/store/apps/details?id=com.adult.coloring.book.pages&hl=en_CA)
- Try learning a new recipe from the Food Network
- Start journaling. Getting your thoughts and worries down on paper can help you see them with clarity. Journaling can also be a way to identify unhelpful behaviors and to process anxiety in a healthier way
- Watch Dr. Laurie Santo’s Happiness Lab Podcast on Coronavirus: Beat your Isolation Loneliness  
<https://www.happinesslab.fm/>

## **Anxiety Tools: Useful Apps to download**

### **Mindshift Price: Free**

Mindshift app uses scientifically proven strategies based on Cognitive Behavioral Therapy to help you learn to relax and be mindful, develop more effective ways of thinking and use active steps to take charge of your anxiety.

For more information: <https://www.anxietycanada.com/resources/mindshift-cbt/>

### **Headspace Price: Free**

Headspace is a guided meditation app that has targeted meditations to help with sleep, happiness, productivity and more.

For more information: <https://www.headspace.com/headspace-meditation-app>

### **Rootd Price: Free**

Rootd helps to improve panic and anxious mood through mindfulness exercises and step-by-step guides to tactics such as deep breathing.

For more information: <https://www.rootd.io/>

### **Stresslr Price: Free**

Developed by BC Children's Hospital, Stresslr is a free web app that provides a fun and engaging way for children to understand what causes them to stress, how they react to it and develop healthy strategies to cope with stress in their everyday lives. For more information: <http://stresslr.ca/#/>

## Important Numbers for Resources: Mental Health Support and Information

- **The Mental Health Support and Information Line** (310-6789 - no area code needed) provides 24/7 support if you are worried, feeling upset, or just want to talk with someone.
- **Kids Help Phone:** [www.kidshelpphone.ca](http://www.kidshelpphone.ca) **Mode:** Chat (IM) and Phone • Phone Number: 1-800-668-6868 • Hours: 24/7 Phone and Chat • About: Professional counselling, information, referrals and volunteer-led text-based support for young people in crisis or in need to talk to a counsellor.
- **Crisis Center:** <http://crisiscentrechat.ca/> **Mode:** Chat (IM) and phone • Phone Number: 1-800-784-2433 • Hours: 12pm-1am • About: Web and phone-based hotline for youth and adults in distress where they can access free, confidential, non-judgmental support. If you or someone you know is having thoughts of suicide, please call 1-800-784-2433.
- **Youth in BC:** <http://youthinbc.com/> **Mode:** Chat (IM) and phone • Phone Number: 604-872-3311 (Vancouver Crisis Line) • Hours: 12pm-1am PST • About: YouthInBC.com is an online crisis chat service, where you can chat 1-on-1 with a trained volunteer from the Crisis Centre.
- **YouthSafe:** <https://www.youthspace.ca/> • **Mode:** IM only • Text: 778-783-0177 • About: Offers non-judgmental, emotional support to anyone experiencing a crisis.
- **Youth Against Violence Line:** <http://www.youthagainstviolenceline.com/> **Mode:** Phone • Phone Number: 1-800-680-4264 • About: The Youth Against Violence Line is a safe, confidential and anonymous way for young people across BC to report crime or violent incidents, or to talk through any type of problem with a supportive person. We offer non-judgmental support in many languages, and will provide you with options, information and referrals to services that can help.
- **Foundry Pathfinder** A 4-step tool to help you find personalized support options; <https://foundrybc.ca/foundry-pathfinder/>
- **COVID-19 Self-Assessment App/Website:** <https://bc.thrive.health/>
- **Langley Mental Health:** Phone to book appointment 604.514.2711; conducting intake interviews over phone

# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

# I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

PREDICTING WHAT WILL HAPPEN

HOW OTHERS REACT

OTHER PEOPLE'S MOTIVES



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