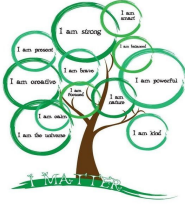

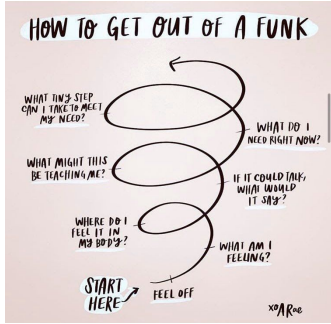


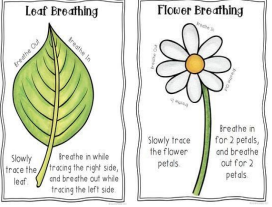



Week 4: A Weekly Calendar for Mindfulness and Coping Activities

*Engaging in these activities can help us to feel better when we are stressed or worried

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Activity 1</p>	<p>Mindful Monday: Affirmations are positive statements that can help you overcome negative thoughts. When you repeat them often, and believe in them, then you can start to make positive changes. Make your own affirmation tree or reflect on what your affirmation tree would look like. Try using positive affirmation statements at the beginning and end of each day.</p> <p>Affirmation Tree Examples of Positive Affirmations</p> 	<p>Tuesday Topic: Meditation Simple meditation practices can calm your worries and prepare you for success. Start small. Set a timer for two minutes and go through each of your senses and use the ideas to quietly list what you see, feel, hear, smell, and taste.</p> <p>5 Senses Grounding Guide</p> 	<p>Wednesday Wondering: Use a journal, or talk to someone in your household about the skills you can use to help yourself and others get out of a funk. Use the chart below to jump start your reflection.</p> <p>How to get out of a funk?</p> 	<p>Think about it Thursday: Are you staying hydrated?</p> <ol style="list-style-type: none"> 1. Water helps your brain. 2. Water helps your digestion. 3. Water helps your immunity. <p>Stay Hydrated Tracking Chart: Can you track how much water you drink everyday?</p> 	<p>Fun Friday: Create a comic strip where the superhero is a middle schooler! Have fun and be creative. Use the templates as printables or use them as a guide to make your own. What's your superpower?</p> <p>Comic Strip Templates Comic Strip Options 1 & 2</p>
<p>Activity 2</p>	<p>Play the Gratitude Game! Use anything at home to recreate this simple and meaningful game of gratitude. Try to get as many people in your home together to play with you.</p> <p>The Gratitude Game</p> <p>Red = Name a person you are thankful for Orange = Name a place you are thankful for Green = Name a food you are thankful for Blue = Name a thing you are thankful for Purple = Free choice</p>	<p>Teach someone in your household about the importance of meditation and add it to your own self care routine. Research the benefits and find a meditation style that works for you. Like most things, meditation takes practice. The main goal is to start your day calmly with a clear mind!</p> 	<p>Try this drawing activity. It can help with breathing. You can use the leaf or flower in your journal or on any piece of paper.</p> <p>Flower Breathing Leaf Breathing</p> 	<p>How can you help someone smile today? Write and decorate positive messages to post in your window for your neighbors to enjoy. Text, message, or email a friend, family member, or teacher and let them know what you appreciate about them. Small acts of kindness can go a long way.</p> <p>In a World Where You Can Be Anything, Be Kind</p> <p>Be the reason someone smiles today.</p>	<p>Change it up. Our days feel and look different right now. Family dinner conversation starters are a great way to have some fun with those around you. Use the dinner conversation starters tonight.</p> <p>Family Dinner: Conversation Starters</p> 

Anxiety and Coping With the Coronavirus

 childmind.org/article/anxiety-and-coping-with-coronavirus

We're all on edge because of the coronavirus. Our daily lives have been disrupted, we aren't sure what tomorrow may bring, and for many of us the nonstop news and social media coverage isn't helping. Our experts say that dealing with your own anxiety can be the most powerful way to make sure your kids feel secure. If you or your children are feeling worried, learning how to deal with that anxiety in a healthy way can help the whole family be more resilient, both now and when the pandemic is finally over.

Tolerating uncertainty

"The treatment for anxiety isn't to make the fear go away, it's to manage the fear and tolerate uncertainty," explains Jerry Bubrick, PhD, a clinical psychologist at the Child Mind Institute. "So for the kids who've been in treatment for this, it's almost like they have an immune response or they're vaccinated against uncertainty. They've been training for this and now they're able to put their skills in place and for many of them the coronavirus is not affecting them as much as those of us who aren't used to dealing with uncertainty on a daily level."

Many parents are having a harder time dealing with COVID-19 than their children, and some of the anxiety that kids are experiencing may be inadvertently passed on by worried parents. As parents, we need to be modeling for our kids how to react to stressful times by coping with anxiety in healthy ways. "I think we have to be mindful of the present and stay focused on what is actually happening and not let ourselves go to worst case scenarios," Dr. Bubrick recommends. "If we're showing our kids catastrophic thinking and head-in-your-hands worry, and crying and fear, then they're going to learn that's the way to handle the times now."

How to stay calm

Be smart about what you're reading. While we should make sure we are informed about how best to keep our families safe, we should also be thoughtful about what we are reading online to make sure it's actually helpful. It is easy to inadvertently get sucked into reading every update as it comes in, or clicking on, in Dr. Bubrick's words, "the doomsday apocalypse kind of stories, which I would consider to be 'mental health fake news.'"

Consider putting a limit on the number of articles you read, or for how long you will read about the coronavirus each day. If you're consuming media that is making you anxious — pictures of lines at stores, people hoarding supplies, celebrities getting diagnosed — take a break. Being informed is one thing; being overexposed is another. Focus on what you're doing right now. Remind yourself that you are doing your part to minimize the risks by practicing social distancing and keeping your hands and your home clean. While it is sensible to be prepared for the future, Dr. Bubrick recommends "focusing on making sure we're in the moment, and dealing with things in the present." Stop yourself if you notice that you are getting carried away with "what ifs." It will help if you can set aside time to regularly practice mindfulness, which is a tool to help people stay grounded and calm in the present moment — not caught up in the future or the past. Parents can practice mindfulness alone or with children.

Rely on routines. Establishing a routine that involves exercise, regular meals and healthy amounts of sleep are also crucial to regulating our moods and our worries. If your old routine is no longer possible because of COVID-19 precautions, look for ways to be flexible and start a new routine. Remind yourself that life *is* still continuing, and ground yourself by doing things like making agendas and setting goals.

Checking in with kids

When kids are feeling anxious, it may or may not be clear to parents. “We shouldn’t be looking for just one thing,” says Dr. Bubrick. “We should be ready to handle a variety of different expressions of anxiety.” Anxiety could look like:

- Reassurance-seeking (Are we going to be okay? Is grandpa going to be okay?)
- Reluctance to separate from parents
- Physical symptoms like headaches or stomach aches
- Moodiness and irritability
- Tantrums or meltdowns
- Trouble sleeping

Kids may not always be able to express how they are feeling. For younger children, Dr. Bubrick suggests using a feelings chart instead of saying “Tell me how anxious you are.” With a feelings chart, which you can find on the internet, you can ask kids to point to the feeling they are having now. Parents can also use a traffic light chart to help kids share how intense their feeling is — a red light means they feel overwhelmed, a yellow light is medium and a green light is okay.

For kids who are more able to articulate how they are feeling, Dr. Bubrick says it is better to ask what psychologists call “forced choice questions.” “If you ask a vague question you’re going to get a vague answer,” he says. “So instead of asking ‘How was your day?’ which is pretty vague, maybe ask, “Did your anxiety get in the way of you having a good day today?” he suggests. If you’re wondering about a teenager, Dr. Bubrick recommends talking about yourself first. “You can say something like, “I saw this article today and it made me wonder about this and that. Did you see something like that? What’s your reaction to it?” “

Helping anxious kids

Structure their day. As parents we often think that setting boundaries for a child is a way to make our lives easier, but in fact kids thrive on them, too. It is easy for children to get bored or fretful if they are facing a day without structure, and anxiety can thrive under those circumstances. Make sure that you are structuring their days when they are cooped up at home. Alternate chores or schoolwork with more fun activities and periods of free time. Make sure kids are still getting the chance to exercise and socialize with friends via video chats and social media if they are on it.

Avoid giving too much reassurance. For kids of all ages, Dr. Bubrick recommends avoiding getting into a cycle of providing too much reassurance. Kids can come to rely on the reassurance and want to hear it more and more often — and when a parent *isn't* able to give them complete reassurance their anxiety can worsen. Instead, remind kids of the things they are doing to take care of themselves (like washing their hands and staying indoors) and encourage them to focus on being in the moment. They can practice mindfulness activities alone or with you.

Model calm yourself. Don’t share your worries with your children, and if you are feeling anxious, find a way to ground yourself. “After this crisis is over, your kids are going to walk away from this having learned things,” says Dr. Bubrick. “What will they have learned from you in the way you handled this? Will they look back and say ‘Wow, I’m really impressed with how mom and dad held it together?’ Or are they going to walk away and think the world is a scary place?”

Look for the positive. Finally, Dr. Bubrick recommends looking for the silver linings. “I spoke to a family this morning on Skype and they said, ‘You know, our kids are all together for the first time in months and they’re playing games together and they’re laughing together and we’re spending time together.’ So there are silver linings, you just have to look for them.