

When You're Feeling Anxious | Overwhelmed | Depressed

3 ACTIONS TO HELP YOUR KIDS TO TAKE

1) NAME THE ISSUE

Ask God to help you recognize and name the source(s) of where the pressure or stress is coming from. Being able to identify it will help you manage it. Naming the issue will help you start having control of it.

2) MANAGE YOUR EMOTIONS

Coping just means managing the pain or emotions as they come up. Look at the list of coping skills below and circle a couple that will work for you. Then, try using those to help you manage any strong emotions.

3) TELL SOMEONE YOU TRUST

Share what you are feeling and thinking. Don't try and go through your pain alone! Bring someone else in to help you navigate what you are experiencing.

COPING ACTIVITIES TO CALM YOURSELF DOWN

- Stop and say a short prayer and share your feelings with God.
- Breathe in and count to four, breathe out and count to four. Repeat.
- Take a walk and focus on sights and sounds.
- Imagine your favorite place in the world.
- Say encouraging or calming truths out loud.
- Say the alphabet slowly.
- Count down from 20.
- Run water over your hands.
- Make a fist and release it. Repeat.
- Take a shower or bath.

TOOLS TO HELP YOU PROCESS EMOTIONS

- Write a letter to God sharing your thoughts and feelings.
- Talk to someone about how you're feeling.
- Write down any thoughts or feelings in a journal.
- Draw a picture of how you feel.
- Describe your feelings as a color.

ACTIONS TO TAKE TO DISTRACT YOURSELF

- Write a story.
- Do a puzzle.
- Bake or cook something.
- Do something nice for someone else.
- Read something.
- Clean or organize something.
- Rearrange or decorate your room.
- Play with a pet.
- Play a board game, card game, or video game.
- Hang out with a friend.
- Do one of your favorite things.
- Do something that makes you laugh.

PHYSICAL ACTIONS TO TAKE TO RELIEVE STRESS

- Squeeze something or Rip paper into tiny pieces.
- Pinch bubble wrap or Shuffle cards.
- Make something or Hold something to fidget with.
- Exercise or Punch a safe surface (pillow, punching bag, bed, etc.).
- Jump on a trampoline or Skateboard or Go swimming.