

What is Anxiety?

We all react differently to stressful situations. During an outbreak, some stressors can include fear and worry about your and loved ones' health, changes to eating and sleeping patterns and changes in relationships (i.e. missing friends, teachers and coaches). Some things to look for that may indicate your child/teen is struggling:

- ✚ Excessive crying or irritability
- ✚ Difficulty sleeping or concentrating
- ✚ Excessive worry or sadness
- ✚ Avoidance of activities enjoyed in the past
- ✚ Unexplained headaches or body aches
- ✚ Aggressiveness or withdrawal

Anxiety & Stress Management

How Can I Help My Child?

- ✚ **Routines.** Create predictable schedules at home. Start with the basics and go from there – mealtimes, schoolwork, play time, time with parent/caregiver. Be flexible.
- ✚ **Be emotionally available.** Set aside some time each day one on one with your child (10-15 minutes). Let them choose the activity when possible.
- ✚ **Explain why things are different.** Talk to your child in age appropriate terms about why they are home, playing differently than usual and "social distancing". Explain that this is to keep everyone healthy.
- ✚ **Practice healthy coping strategies.** Help your child and yourself to manage the strong emotions we all may feel during this time.
- ✚ **Self soothing.** Focus on activities for the senses (i.e. listening, tasting, smelling, touching)
- ✚ **Distraction.** Puzzles, exercise, projects, movies
- ✚ **Emotional awareness.** Draw and talk about feelings, journaling
- ✚ **Mindfulness.** Breathing exercises, yoga, meditation





Resources

Community Resources

- ✚ **SMA Mobile Crisis Response Team:** 1-800-539-4228
- ✚ **SAMHSA National Helpline:** 1-800-662-4357
- ✚ **National Suicide Prevention Lifeline:** 1-800-273-TALK (8255)
- ✚ **Text "talk with us" to 66746**
- ✚ **Halifax Behavioral Services (HBS)** will provide free screening for children and adolescents needing a mental health evaluation. HBS is located at 841 Jimmy Ann Dr, Daytona Beach, FL 32117. 386-425-3900
- ✚ **Call 211 or go to www.211live.org**
- ✚ **Call your insurance provider for a list of mental health providers**

Online Resources

- ✚ **The Child Anxiety Network:** www.childanxiety.net
- ✚ **WorryWise Kids:** www.worrywisekids.org
- ✚ **Anxiety Disorders Association of America:** www.adaa.org
- ✚ **Body based activities to manage challenging feelings:** <https://gonoodle.com>
- ✚ **Listening to my Body by Gabi Garcia** (free read aloud version by social sprouts on youtube.com)
- ✚ **Yoga for beginners.** Free application for phone/tablet 
- ✚ **List of resources by county:** www.myflfamilies.com



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