

**SCHOLARS'
HOPE**
FOUNDATION

THERE FOR YOU!

Turning Anxiety Into Positive Action High School

We are all experiencing something that we have never gone through before. It's important that you know that it is ok to feel anxious. It is also important to know that you have control over how you act, what you say, what you do, how you behave and how you respond to someone. Knowing that you are in control of your actions will help relieve some of those stressful thoughts that you may be experiencing.

1

GOOD NEWS APP- WHAT'S GOING RIGHT IN THE WORLD!

<https://www.goodnewsnetwork.org/our-new-good-news-app-for-android-and-iphone/>

2

HEADSPACE APP- GREAT RESOURCE THAT HELPS MANAGING STRESS THROUGH MEDITATION AND ACTIVITIES

<https://www.headspace.com/blog/2017/04/12/happier-high-school-experience/>

3

SIGNS OF STRENGTH- VIDEO

<https://www.youtube.com/watch?v=7Pk7oyi8CAE>

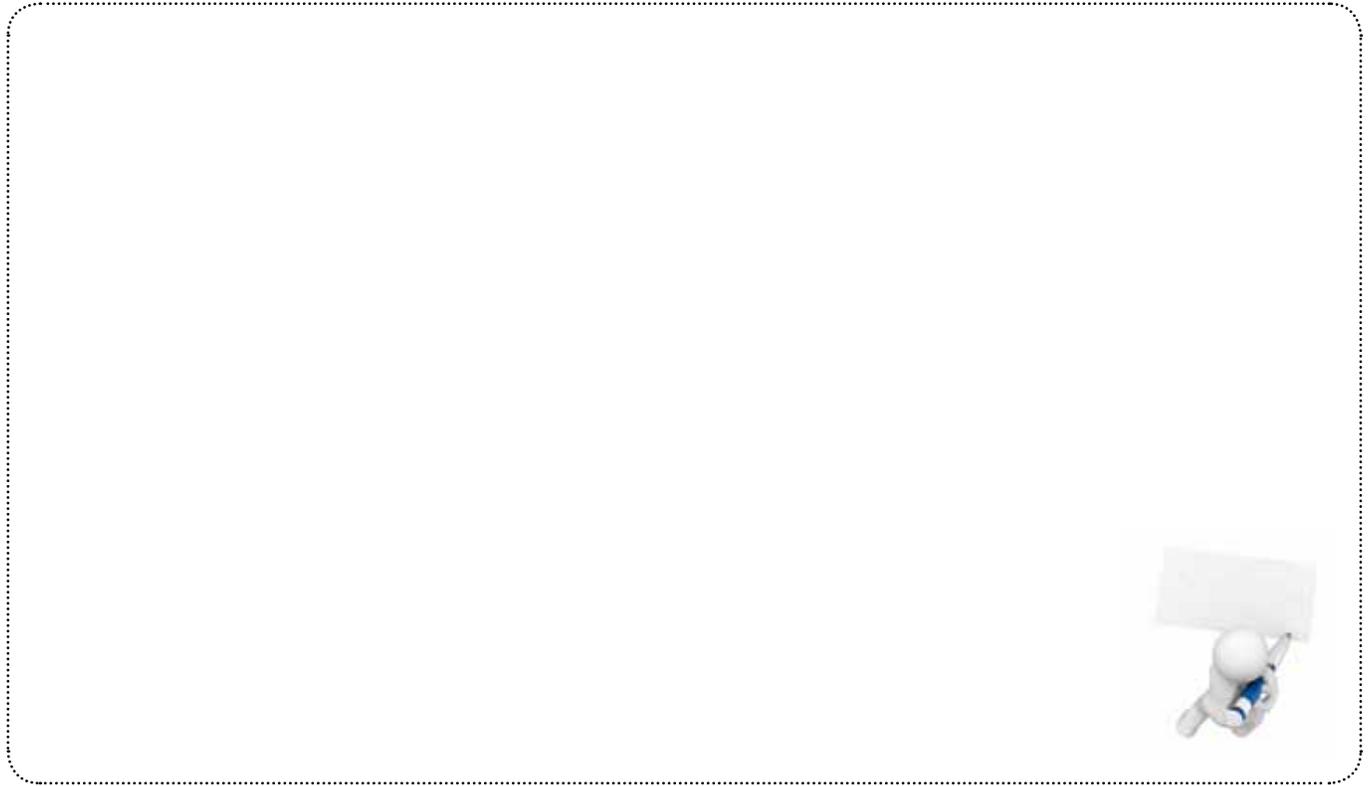
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RESOURCES/ACTIVITIES

Support System, Relaxation Tips, Coping with COVID-19, FAQ's

Types of Relaxation

Take a few minutes to think about the ways you relax at the moment. If you don't take time to relax, think about what stops you from taking time out and how you could create 'me' time?



Things I do now to relax:

What stops me from taking time to myself to relax?

Internal barriers	How they could be overcome	External barriers	How they could be overcome

When feeling stressed we sometimes alienate ourselves from other people, at a time when we would really benefit from speaking to others about how you feel. If we do not manage to speak to others we can feel terribly alone in our stress.



Speaking to others can help you to make practical decisions about what you are trying to deal with, speaking about how you feel can also help to reduce your stress.

Your Support Network

Make a note of the people who are around you and think about what support is available to you.

WHO IS AROUND YOU?
WHO CAN YOU TALK TO?
WHO CAN YOU GET EMOTIONAL / PRACTICAL HELP FROM?
HOW CAN OTHERS TELL HOW YOU ARE FEELING?
WHO ELSE COULD YOU LOOK TO FOR SUPPORT BEYOND THE CURRENT SUPPORT?

If you have answered nobody to the above questions then please consider the list of resources you have been given along with this workbook

COVID-19 (coronavirus)

6 Tips for Coping with the Stress



It's normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Get in touch with your loved ones and connect with them.



Be aware that not everything being said about COVID-19 is accurate. Go to trusted sources like your state or local health department, the CDC or the World Health Organization.



Limit your stress and fear by reducing how much time you spend watching or reading the news or scrolling through social media, especially when you feel it's upsetting information.



Do things you've done in the past to help manage challenges and stress. Know that you've developed skills to manage your emotions and use them during this time, too.



If you're staying home, stay healthy by eating well, getting plenty of sleep, exercising regularly and having good social contact with loved ones by phone or video chat.



Deal with your emotions in a healthy way. Have a plan ready in case you do start to feel overwhelmed, and don't hesitate to talk to a counselor or therapist if you need to.

**Created for Mission Health by Jarrard Phillips Cate & Hancock, Inc.*

***Adapted from the International Federation of Red Cross; data from the World Health Organization*

Frequently asked question about the Corona virus. Get the facts and be proactive.

What is coronavirus?

- There is a new sickness going around called COVID-19 (or coronavirus) that has gotten many people sick in different parts of the world.

Why are people so worried about germs right now?

- Germs are teeny-tiny specks that we can't see, but they can jump to other people easily and make people sick.
- People are worried about the germs that cause COVID-19 because they can spread very easily.

What can we do to keep people healthy?

- We can spread germs when we sneeze or cough and forget to cover our mouth, if we share straws or drinks and if we forget to wash our hands after going to the bathroom.
- We can help keep our family and friends healthy with a Stay Healthy Plan:
 - Wash our hands while we sing the ABC's.
 - Use a tissue to cover our cough or sneeze (and put it in the trash, then wash our hands).
 - Avoid touching our face (nose, mouth, eyes) when we didn't just wash our hands.
 - Stay home if we feel sick.
 - Skip doing high fives or shaking hands.
 - Give space to people who may get sick from COVID-19 easily.
 - Stay away from really big groups.
- Doctors and scientists are also working hard to learn more about how to keep us all healthy.

Am I going to get sick?

- Most kids aren't getting sick from COVID-19 so far. But they can spread the germs to other people, so it's important that we keep practicing our Stay Healthy Plan.
- If kids do get sick with this virus, it may be similar to when you had that bad cough a few weeks ago. You would need to stay home and rest if you did get sick.

Are you (mom/dad) going to get sick?

- Mommy and daddy are healthy and we are working hard to keep our home clean so the germs don't spread here. We have every reason to think we can stay healthy.
- If we do get sick, we would stay home so we don't spread the germs to other people, and our doctors would be able to help us get better.

Are grandma/grandpa/aunts/uncles going to get sick?

- People who are older or whose bodies are already sick are more likely to get sick from COVID-19.
- These are the really important people that we want to help to protect, and there are good doctors who can help them if they need it.
- We can use our Stay Healthy Plan to help keep our family safe, too.