



Counseling Resources During COVID 19



Coping with Anxiety

What Anxiety looks like:



How you can help your child cope with [anxiety](#)

Coping with Depression



Click on the links below:

[5 Things You Can Do To Help](#)

[Adolescent Depression](#)

[Supporting Your Child](#)

Resources for Middle School

This [website](#) provides information on the following topics:

- Study Guides
- Homework Help
- Audio Books
- Podcasts
- Online Library
- Math Playground
- Resources for Specific Issues



Resources for High School

Click on the links below:

[Successful High School Students](#)

[Step Into Your Future](#)

[College and Career Ready](#)



Self-Care Activities for Parents and Families

Parents:

[Self-Care In Time of Corona](#)

[Protecting Yourself During Covid-19](#)

Families:

- Cook dinner together
- Play a board game
- Play tag, blow bubbles, or go on a scavenger hunt
- Watch a funny movie together
- Everyone do a chore for someone else
- Build an obstacle course together & time each other



Self-Care Activities for Teens:

- 80+ self-care [activities](#)

Other ideas:

- Take a walk
- Do something nice for someone else
- List 10 things you are grateful for today
- Make your favorite snack
- Write a letter to someone in a nursing home
- Listen to relaxing (not angry) music
- Exercise



Parent Resources

- Resources located in the Parent Folder includes:

[Zones of Regulation](#)

[What to Say to Help Kids Feel Calm by Karen Young \(Hey, Sigmund\)](#)

[Common Reactions of Children to Disasters - CDC](#)

