

Mindfulness and Health Crisis

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Hearing news about a global health crisis can cause feelings of anxiety and uncertainty about the future. Amidst this emergency, many students across the globe have had an immediate change to their schedules and regular routines.

It is normal and okay to be feeling stressed and worried during emergency situations. Mindfulness strategies are a tool that we can use with students, families, and the community to help cope with these uncertainties.

Some coping strategies you can use with your student are:

- Deep breathing/abdominal breathing exercises (pg. 2)
- Writing in a journal or coloring pictures about feelings
- 5,4,3,2,1 activity (pg. 3)

Things you can do as parents and caretakers:

- Stay calm and do not panic
- Limit the amount of news playing on TV, while still staying informed
- Keep routines as normal as possible
- Spend quality time with your family

Online Resources for Families

[Talking to Kids About the Coronavirus](#)

[COVID-19 and Managing Mental Health](#)

[Go Noodle Mindful Breathing Video](#)

[Go Noodle Melting Video](#)



Breathing Exercises



Take 5 Breathing is a quick and easy tool to use anywhere. Hold out your hand with all fingers spread out, while your other hands pointer finger starts at the base of your thumb. Breathe in as your pointer traces up each finger and breathe out as you trace down each finger.

Pretend you are blowing bubbles. Breathe in and gently breathe out to try to make a big bubble without it popping.



Use your finger to slowly trace the zigzag line above while breathing. Breathe in when tracing up, and breathe out when tracing down.

Look around at your environment and what is around you. Be present of everything and make note of anything you are noticing.

5 THINGS YOU SEE?



4 THINGS YOU
HEAR?



3 THINGS YOU
FEEL?



2 THINGS YOU
SMELL?



1 THING YOU
TASTE?

