

Coping with Stress and Anxiety: Middle School/Jr. High

A Mindfulness activity: S.T.O.P.:

S = STOP

Stop whatever it is you are doing. This might involve looking away, closing your eyes, and/or putting things down for a minute. It's like hitting the pause button on the TV remote.

T = TAKE

Take a few deep breaths to help center yourself. You can use [deep breathing techniques](#) to help you focus on the present moment. Be sure to really focus on how your breathing feels and how it comes in and out.

O = OBSERVE

Observe what is going on around you and inside you. Notice what you are experiencing in terms of thoughts, feelings, and emotions at this moment.

- What emotions are present?
- How are those emotions presenting themselves in your body?
- Can you name the emotions?

This step is all about connecting with your body, emotions, and mind to take note of what's going on with each. You could also try [grounding techniques](#) to help you observe what's happening.

P = PROCEED

Proceed or carry on with whatever it was you were doing before you started this mindfulness exercise. Or, maybe after reflecting on what you learned during the observation step, you decide that you might need to change course completely. And that's perfectly okay. You can use this step to proceed with a [coping strategy](#) or aim for a little self-care instead. Do whatever you need to do to feel supported in this moment.

[My Mindfulness Workbook](#)

Videos:

Box Breathing: <https://www.youtube.com/watch?v=YFdZXwE6fRE&feature=youtu.be>

4-7-8 Breathing: <https://youtu.be/UxbdX-SeOOo>

Apps:

Smiling Mind: <https://au.reachout.com/tools-and-apps/smiling-mind>

WorryTime: <https://au.reachout.com/tools-and-apps/reachout-worrytime>

Guided Imagery Exercises:

Go on a Vacation:

https://docs.google.com/document/d/1gxn_7vG2cPGbGXVHcqfxX_1WurMw570xw7RD-j48_c/edit

Move Your Thoughts To A Small Cottage:

<https://docs.google.com/document/d/1aINliVdgKtEuJkfijQ3gj9pjyswQGp8WV8lDniqu4J8/edit>

Things I can control: A Great visual for kids



For Parents:

Facebook Event through the Cadillac Area YMCA April 21 at 6:30 PM: How to Help Your Child Cope during this time of uncertainty <https://www.facebook.com/events/545520442772496/>

Social Emotional Learning for Parents:

The websites listed below have many good resources for parents to encourage SEL at home. In addition, there are many Facebook pages and groups that have ideas for helping your child with SEL.

<https://centerforresilientchildren.org/>

<https://www.parenttoolkit.com/topics/social-and-emotional>

<https://casel.org/parent-resources/>

Emotional Check-In Worksheet: <https://media.centervention.com/pdf/Feelings-Check-In-Worksheet.pdf>

<https://www.mindfullittleminds.com/>

Trauma-Informed Parenting/Resources:

<https://traumainformedparent.com/>

<https://www.facebook.com/traumainformedparent/photos/pb.624398541077445.-2207520000..11370449133139045/?type=3&theater>

Community Resources:

YMCA (for family activities, group exercise links, teen center drop-in Zoom meetings, evening meal pick up)

<http://www.cadillacareaymca.org/covid-response/>

<https://www.facebook.com/cadillacareaymca/>

<https://www.instagram.com/cadillacymca/?hl=en>

Mental Health:

Northern Lakes Community Mental Health 24/7 Crisis Line: 1-833-295-0616,

<https://www.northernlakescmh.org/>

National Suicide Prevention Lifeline: 1-800-273-8255

Health Department Adolescent Wellness Centers mental health providers are taking new referrals for telepsych. The following are the direct contact phone numbers for each respective clinician/district.

CAPS - Amanda Riddle 231-303-1788

Lake City - Micah Beckman 231-303-1812

Manton - Susan Stendel 231-383-6563

Mesick - Sarah Hayes 231-383-6561

Domestic Violence

OASIS Family Resource Center is committed to using an empowerment-based philosophy in its approach to ending domestic and sexual violence. Our mission is 'to strengthen and safeguard the families of Wexford and Missaukee counties.

Crisis Line: 231-775-SAFE (7233) <https://www.cadillacoasis-frc.org/>

National Domestic Violence Hotline: 1-800-799-7233

Abuse and Neglect

Child Abuse Prevention Awareness:

<https://www.9and10news.com/2020/04/01/pinwheels-for-prevention-national-child-abuse-prevention-month/>

Child Protection Council: <https://www.wexfordmissaukeecpc.com/>

TRUST (Trauma & Resilience Unified Support Team) : <https://trustwexfordmissaukee.org/>

MDHHS centralized intake number to report suspected abuse or neglect (child or vulnerable adult)
:1-855-444-3911 https://www.michigan.gov/mdhhs/0,5885,7-339-73971_7119---,00.html