

Coping with Stress and Anxiety: High School

Excerpt from Psychology Today:

Suggestions for Teens to Cope with Stress

Below are a few practical steps to maintain your health and decrease stress:

- Stay in touch with people who can provide emotional and other support. Ask for help from friends, family, and community or religious organizations to reduce stress due to work burdens or family issues, such as caring for a loved one.
- Recognize signs of your body's response to stress, such as difficulty [sleeping](#), increased [alcohol](#) and other substance use, being easily angered, feeling depressed, and having low energy.
- Set priorities-decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. (AKA Set a To-Do List)
- Note what you have accomplished at the end of the day, not what you have been unable to do.
- Avoid dwelling on problems. If you can't do this on your own, seek help from a qualified mental health professional who can guide you.
- Exercise regularly-just 30 minutes per day of gentle walking can help boost mood and reduce stress.
- Schedule regular times for healthy and relaxing activities (and screen-free time)
- Explore stress coping programs, which may incorporate [meditation](#), yoga, tai chi, or other gentle exercises.

Coping Skills for Anxiety articles/websites with resources:

<https://parents.au.reachout.com/common-concerns/mental-health/things-to-try-anxiety/coping-skills-for-anxiety>

<https://elevatecounselingaz.com/is-your-teen-battling-anxiety-coping-skill-a-b-cs/>

Videos:

4-7-8 Breathing: <https://www.youtube.com/watch?v=N02BnHwS5FE>

Mindful Breathing: <https://www.youtube.com/watch?v=SEfs5TJZ6Nk>

Apps:

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

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

HeadSpace <https://www.headspace.com/>

For Parents:

Facebook Event through the Cadillac Area YMCA April 21at 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>

Trauma-Informed Parenting/Resources:

<https://traumainformedparent.com/>

<https://www.facebook.com/traumainformedparent/photos/pb.624398541077445.-2207520000../1370449133139045/?type=3&theater>

Community Resources:

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

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

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

<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