



STRESS MANAGEMENT FOR TEENS

MANAGING CORONAVIRUS ANXIETY

**IT'S NORMAL
TO FEEL SAD, STRESSED,
CONFUSED, SCARED
OR ANGRY DURING
A CRISIS. THESE ARE
UNPRECEDENTED
TIMES AND ALL OF OUR
LIVES ARE BEING
DISRUPTED.**

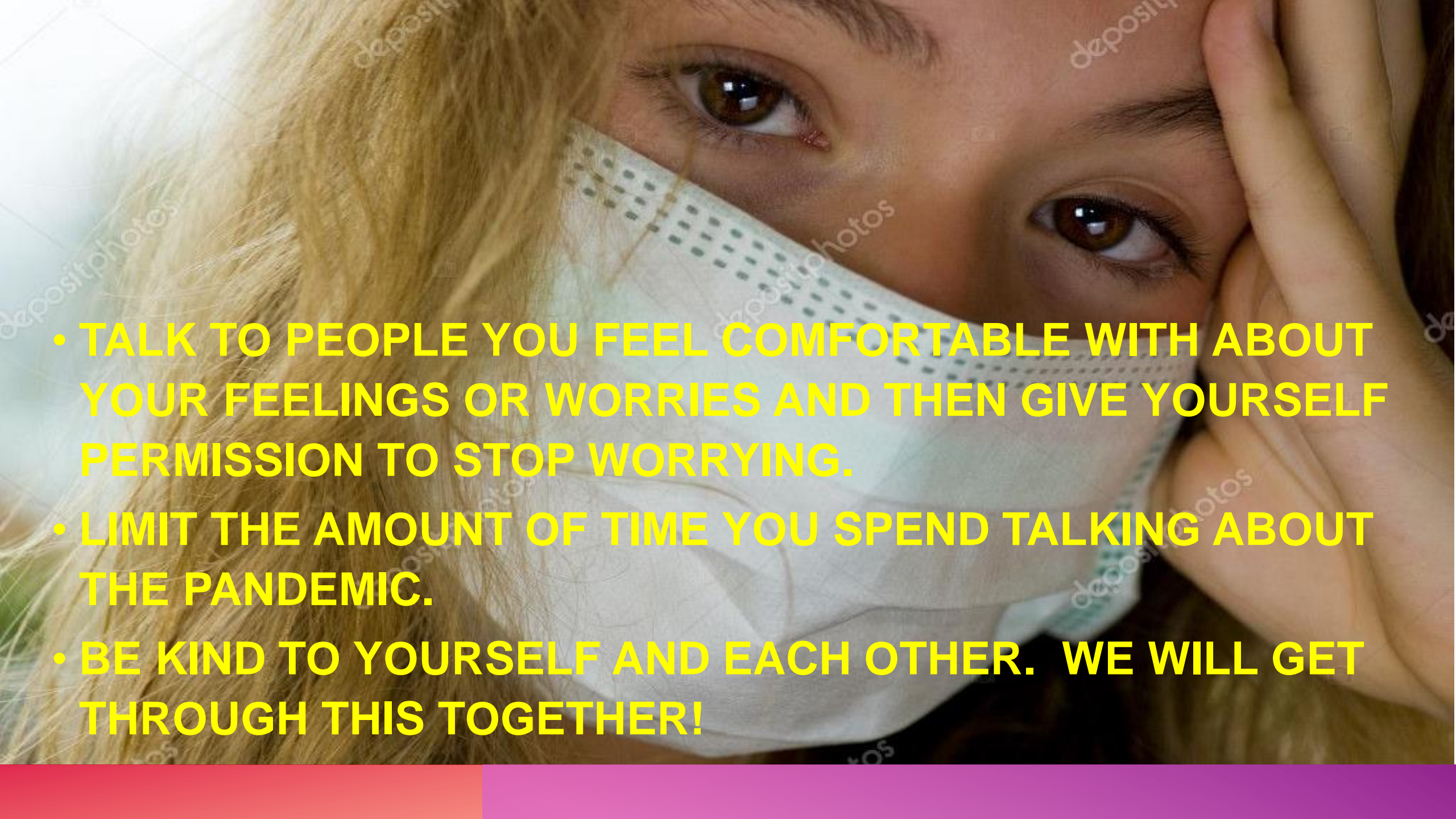
**IT'S OK TO FEEL THE WAY
YOU DO!**





- **AVOID EXCESSIVE EXPOSURE TO MEDIA COVERAGE**
- **KEEP IN CONTACT WITH FRIENDS & FAMILY VIA SOCIAL MEDIA, TEXTS AND PHONE CALLS**
- **ALLOW YOURSELF EXTRA TIME FOR DAILY STRESS RELIEF**

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- A close-up photograph of a person's hands holding a black smartphone. In the blurred background, a young child is visible, looking towards the camera. The image has a soft, out-of-focus quality. A solid purple gradient bar is at the bottom of the frame.
- **PRACTICE SELF-CARE**
 - **FOCUS ON YOUR MENTAL HEALTH**
 - **CREATE A STRUCTURED DAILY ROUTINE**
 - **KEEP YOURSELF BUSY: GAMES, BOOKS, MOVIES, ETC.**
 - **FOCUS ON NEW RELAXATION TECHNIQUES**

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- **TALK TO PEOPLE YOU FEEL COMFORTABLE WITH ABOUT YOUR FEELINGS OR WORRIES AND THEN GIVE YOURSELF PERMISSION TO STOP WORRYING.**
 - **LIMIT THE AMOUNT OF TIME YOU SPEND TALKING ABOUT THE PANDEMIC.**
 - **BE KIND TO YOURSELF AND EACH OTHER. WE WILL GET THROUGH THIS TOGETHER!**