

**Pause and just breathe-** <https://www.youtube.com/watch?v=Fpiw2hH-dlc>

Deep focused breathing elicits a relaxation response; your heart beats slower and your muscles relax according to the *American Institute of Stress*. [www.stress.org](http://www.stress.org)



**Imagination vacation-** <https://www.youtube.com/watch?v=cQwee-Y0TqE>

Guided imagery has been found to provide significant stress reduction benefits, including physically relaxing the body quickly and efficiently. [www.verywellmind.com](http://www.verywellmind.com)



**Laughter is the best medicine-** <https://www.youtube.com/watch?v=TyDQf1vo#NU>

According to the *Mayo Clinic*, laughter can enhance your intake of oxygen-rich air, stimulates your heart, lungs and muscles, and increase the endorphins that are released by your brain.



**Hobbies** - Hobbies bring a sense of fun and freedom to life that can help to minimize the impact of stress. Because hobbies generally incorporate pleasures into your life, maintaining hobbies can be good for your overall sense of joy in life.

[www.verywellmind.com](http://www.verywellmind.com)

**Move** - <https://www.youtube.com/watch?v=cEOS2zoyQw4&list=419s>

Physical activity produces endorphins—chemicals in the brain that act as natural painkillers and also improve the ability to sleep, which in turn reduces stress. You should consult your physician or other health care professional before starting this or any other fitness program to determine if it is right for your needs. <https://adaa.org>



**Eat** - Eat low-fat, high-fiber, carbohydrate-rich meals with plenty of fruits and vegetables. They soothe us without sapping our energy and give us the nutrients we need to boost our immune system. [www.choosemyplate.gov](http://www.choosemyplate.gov)

**Sleep** - Develop positive sleep rituals. Make your bedroom a sleep-only zone. Make your bedroom environment a sleep-friendly zone. Steer clear of food, drinks, and activities that are known to interfere with sleep.

**Be Mindful** - <https://www.youtube.com/watch?v=cxftwM6YfYk>

Be fully present, be in the moment and use your senses. Notice your feelings, your thoughts and your body sensations.



**Journaling** - <https://www.youtube.com/watch?v=ghy273-5 NM>

The benefits of journaling have been scientifically proven. Journaling can be an effective tool for stress management, processing difficult emotions, and creating personal growth. [www.verywellmind.com](http://www.verywellmind.com)



**Volunteer** - Volunteering increases social interaction and helps build a support system based on common interests — both of which have been shown to decrease depression. <https://mayoclinichealthsystem.org>

1-800-985-5990 or text **TalkWithUs** to **66746** to connect with a crisis counselor.

# Little Kids, BIG Worries

## Coping Strategies for Children

This card was provided through a generous grant from the American Red Cross

### 1. Give words to feelings.

Giving a word to a child's feelings helps to calm down the emotional part of a child's brain. "Name it to Tame it!"

### 2. Find your child's triggers.

Be in tune with what may trigger strong emotions in your child. Prepare them in advance for an unavoidable situation if possible.

**Calm down with a deep Belly Breathe**

<https://m.youtube.com/watch?v=mZbzDOPyIA>

**Or a Yoga Volcano pose**

<https://m.youtube.com/watch?v=XCmY9MD5Kv8>



### 3. Stick with what your child loves.

What hobbies or activities does your child love to do? – Playing at a park, visiting the library, sports activities, baking cookies. Remember the key ingredient is YOU! Remind them how resilient they are.

<https://m.youtube.com/watch?v=0CAIfbp7oYw>



### 4. Art It Out!

Use art materials such as colors, paints, playdough to express feelings and encourage discussion.

### 5. Be present and understanding

Turn off the electronics and be fully present. Set aside time to listen to your child's feelings and concerns. Demonstrate kindness to yourself and others.

<https://m.youtube.com/watch?v=enarNnEzwi4>



### 6. Keep a consistent routine

Keeping a steady daily routine helps children feel safe and secure. Consistent routines help children understand parenting expectations and help them look forward to their favorite parts of the day like bedtime stories.

### 7. Seek help when needed

- Join a play group or a parenting support group
- Coastal Plains Community Center Crisis Hotline 1-800-841-6467
- Family Counseling Service 361-852-9665
- South Texas Children's Home 833-837-8246
- MHID Youth Mental Health Services 361-851-6726
- Notional Parent Helpline 855-427-2736
- **Call our office for additional resources in your specific area 361-561-8438**

**References & Resources:**

[www.understood.org](http://www.understood.org), *The Whole-Brain Child: 12 Revolutionary Strategies to Help Your Child's Overactive Mind* by D. Siegel, *Devereaux's 100 Essential Strategies for Emotional Security* by N. Burt, K.K. Corcoran, *Seven Keys for School Success* by Pam Schiller and the Children's Learning Institute's *Helping Children Offer a Natural Transition* Series on the YouTube Channel