

Coping Strategies to Try When Times are Tough for Children, Adolescents and their Parents:

- ✓ Create a **routine** and plan your day around your routine. Add some fun activities.
- ✓ Do things that make you feel **safe**. **Connect** to people who care about you.
- ✓ Do things you've done in the past to help you manage stress; reflect on your own **coping strategies** and write them down – put them in a place you can see.
- ✓ Engage in activities that promote a sense of **calm** and feeling **grounded**. Try **mindfulness**, **meditation** or **breathing** exercises.
- ✓ Ensure you are getting enough **sleep** (9 hours), eating a good variety of **healthy foods** each day, plenty of **water** and aiming for at least 30 – 60 minutes of **exercise** a day.
- ✓ Find ways to **relax**. Try spending 10 minutes a day breathing slowly and calmly or use one of the breathing apps (such as the Headspace or Smiling Mind app).
- ✓ Learn something new or get **creative**; check YouTube for more ideas. Why not try baking something tasty, or doing some origami, or drawing, or learning a new song? There are lots of things you can try!
- ✓ Watch or read something **uplifting**.
- ✓ Limit exposure to information from social media and the news. Find some **positive news** pages and uplifting stories to share instead.
- ✓ Listen to **music and go for a walk**, choose something that makes you feel good and make a playlist.
- ✓ Make a list of **activities** that you can do at home with your family or by yourself. Try a board game activity with the family.
- ✓ Practice **gratitude** and write a list or draw 10 good things in your life and the world. You could start a journal and write down 3 things you are grateful for each day.
- ✓ **Talk** to someone you trust and let out some of the thoughts that are in your head.

