

Mindfulness



FOR TEENS

Keep Calm & Stay Awesome Managing Stress During the COVID-19 Crisis

Do News, Social Media, and COVID-19 have you stressed?

You are not alone. It's normal to feel stressed during a time like this. Our bodies are hardwired to respond to stressors in order to ensure our survival. Everyone responds to stressors differently. Just remember, it is important to take care of your physical and mental wellbeing during times of high stress.

You've got this.

- **Be informed.** Don't trust everything you read on social media. Find a reliable news outlet, such as the Centers for Disease Control (CDC) that will keep you updated with facts about COVID-19. Find the CDC's COVID-19 information page here: www.cdc.gov/coronavirus/2019-ncov/index.html
- **Reach out.** You are not alone in this. Stay in touch with friends—they need you, too.
- **Get help if needed.** It is normal to feel overwhelmed and anxious about the state of the world right now. Also, being disconnected from our normal routine and friendships can lead to depression. Reach out to your doctor or a trusted healthcare professional if you're feeling this way. You can always call 800.854.7771 or text "LA" to 741741 if you need help. These services are provided by the LA County Department of Mental Health.
- **Stay healthy.** Drink water! Eat fruits and veggies! Exercise! Remember to take care of your body, even if you are at home.
- **Manage stress/practice mindfulness.** Practicing mindfulness can reduce anxiety and depression, and can help with sleep and relationships, too. We have included some mindfulness tips for you below.

What does it mean to be mindful?

Mindfulness is being present in the moment and treating each thought and feeling with kindness and compassion. It's noticing how we feel and what we're thinking about without any expectations or judgment. Being mindful helps us to avoid worrying about the past or the future because we are focusing on the present moment instead.

Here are some tips on how to be mindful:

- **Acknowledge how you feel.** Defining your emotions can help us feel less afraid.
- **Breathe.** Seriously. Being aware of how we breathe and focusing on our breath can be a game-changer.
- **Find one good thing.** You are a strong person. Teens deal with an overwhelming amount of stress on a regular basis. Make a habit of thanking yourself for your strengths and finding goodness in your life—even a small thing. This practice will help focus your mind on the things that are in your control and really matter to you.
- **Give yourself a hug!** It actually stimulates your brain and body the same way a “real” hug does!
- **Give guided meditation a shot.** [Change to Chill recommends:](#)
 1. Find a quiet, comfortable place where you can focus without distractions.
 2. Close your eyes and breathe deeply until you start to feel more at ease.
 3. Imagine your happy place. It can be a real or imaginary place where you feel calm and peaceful.
 4. Add the details. What do you hear, feel, see, and smell?
 5. Hold on to this awesome feeling. Come back to this place whenever you need to relax.

DIGITAL RESOURCES AVAILABLE THROUGH LA COUNTY LIBRARY

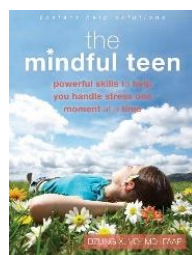
eBooks & Audiobooks

LA County Library offers numerous resources that can help you learn more about mindfulness and managing stress. Here are just a few, all of which are available as eBooks on [OverDrive and Libby](#):



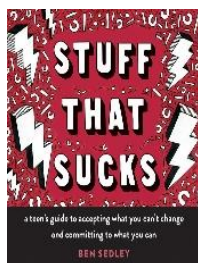
***How to Feel Awesome Every Day* by Elly Awesome**

We are all awesome in our own ways, but sometimes we need a little pep talk and some inspiration. Jam-packed with journal pages, advice, DIYs, recipes, and all sorts of rad activities, this book is good for readers of all ages.



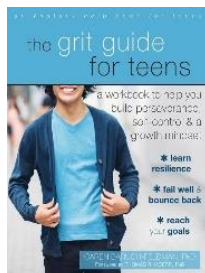
***The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time* by Dzung X. Vo**

Written by a pediatrician specializing in teen and adolescent medicine, this book offers a mindfulness program to help you deal with stress in healthy ways, improve communication, and reduce conflicts with family and friends.



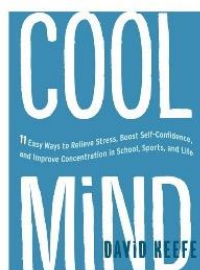
***Stuff that Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can* by Ben Sedley**

This book offers a compassionate and validating guide to accepting emotions, rather than struggling against them. With this book as your guide, you'll learn to prioritize your thoughts, feelings, and values.



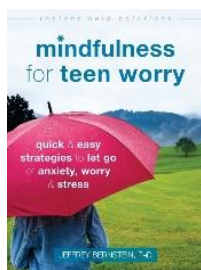
***The Grit Guide for Teens: A Workbook to Help You Build Perseverance, Self-Control, and a Growth Mindset* by Caren Baruch-Feldman**

Using the skills outlined in this book, you'll develop both grit and a growth mindset—a way of thinking that focuses on improvement and hard work in order to achieve any goal you set for yourself. You'll learn how to make grit an everyday habit, turn disappointments into opportunities, embrace challenges, manage stress, and be the very best version of you that you can be.



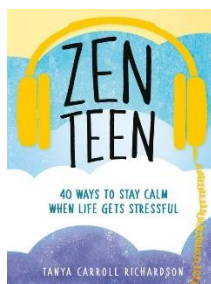
***Cool Mind* by David Keefe**

Designed to be used any time you are stressed or upset—or need to boost your energy and confidence—these short practices can help you feel calmer, happier, more focused, and more able to get the most out of life.



***Mindfulness for Teen Worry: Quick and Easy Strategies to Let Go of Anxiety, Worry, and Stress* by Jeffrey Bernstein**

In this book, a clinical psychologist offers quick, easy-to-learn mindfulness skills teens can use anytime, anywhere to stop worries from growing and taking over. You'll learn powerful and easy-to-use mindfulness skills to manage the four most common worry struggles teens face: school pressure, coping with friendship and relationship problems, improving body image, and handling family conflicts.



***Zen Teen: 40 Ways to Stay Calm When Life Gets Stressful* by Tanya Carroll Richardson**

A warm and relatable teen guide to reducing anxiety, depression, and panic while developing resilience and confidence with 40 tips and tricks that guide, support, and inspire teens to keep calm and stay mindful.

Music



#Meditation

Available on Freegal

<https://lacountylibrary.freegalmusic.com/search-page/meditation/albums/889966227252/2>

Online Courses

Certificate in Mindfulness from Gale Courses

<https://education.gale.com/l-down54663/online-courses/meditation-certificate-program?tab=detail>

In this 8-hour course, you'll explore the many meditation techniques that can be used to support the mind-body connection and promote healing and wellness. This course will guide you as you discover how the practice of meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall well-being.

Relaxation 101 from Universal Class

<https://library.universalclass.com/i/librarycourse/relaxation-techniques.htm>

In this course we will discuss the art behind relaxation techniques. You will learn a variety of techniques to help you learn how to relax. Learning about all these techniques will raise your awareness to the myriad of ways that you can relieve stress, minimize the negative impact of stress in your life, and improve the overall quality of your life.

Additional Resources

ChangetoChill.org

Coping with Stress – LA County Public Health

<http://publichealth.lacounty.gov/media/Coronavirus/CommunicableDisease-StrategiesForCoping.pdf>

Apps available on Android and iPhone



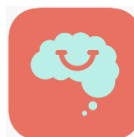
iChill



UCLA Mindful (by UCLA Health)



Mindfulness Coach (by US Department of Veteran Affairs)



Smiling Mind (Meditation for all ages)