
Hello families, please refer back to this handout as a link to the videos, websites, and lessons described throughout the presentation on April 21st.

EASE at Home:

Everyday Anxiety Strategies for Educators, Parents & Caregivers

“As the most important big people in their world, parents and caregivers can help children feel safer and soften the sharp edges of whatever is making their worries grow.” (Healthymindsbc website)

Videos:

Fight / Flight / Freeze – A Guide to Anxiety for Kids

https://www.youtube.com/watch?v=FfSbWc3O_5M

Fight / Flight / Freeze – Anxiety Explained for Teens

<https://www.youtube.com/watch?v=rpolpKTWrp4>

Inside Out, Guessing the Feelings

<https://www.youtube.com/watch?v=dOkyKyVFnSs>

Bubble Breathing Fish

<https://www.youtube.com/watch?v=gLbK0o9Bk7Q>

Belly Breathing with Elmo

<https://www.youtube.com/watch?v=mZbzDOpyIA>

Websites:

HealthyMindsBC ****For EASE at Home Activities****

<https://healthymindsbc.gov.bc.ca/>

Anxiety Canada (Also has some specific ideas to help Cope through COVID 19)

<https://www.anxietycanada.com/>

App Downloads & Supports:

Mindshift App

GooglePlay

AppStore

Coping Cards

<http://www.anxietycanada.com/covid-19/>

Helpful Mindset – Examples of shifting thoughts:

Unhelpful Thought →→→→→→→→→→	More Helpful Thought
I'm <i>stuck</i> at home.	I'm <i>safe</i> at home.
I'm going to get sick.	I'm doing everything I can, to stay healthy.
I'm missing out on <i>everything</i> .	I'm grateful for all the things I <i>can</i> do.

Counselling Supports in Surrey & White Rock:

- **Kids Help Line:** 1-800-668-6868 (or Text CONNECT to 686868)
- **SFU Counselling Program in Surrey:** (located at L.A. Matheson Secondary)
Call 604-587-7320
- **Moving Forward Family Services:** text or call 778-321-3054, email counsellor@movingforwardfamilyservices.com
- **Aboriginal Child and Youth Mental Health Services:** 604-586-4200
- **Child and Youth Mental Health Clinics:** (offering online and some in-person consultations)
South Surrey | White Rock 604-542-3900
Surrey | Cloverdale 604-951-5701
Surrey | Newton 604-501-3122
Surrey | Guildford 604-586-2685
Surrey | North 604-951-5960