

# Managing Anxiety AS SCHOOL STARTS

As COVID numbers are surging in the state, children and parents may be experiencing anxiety about this school year.

## Here are some tips for managing this anxiety:



### Focus on what you can control.

Talk yourself down from thinking about worst-case scenarios and instead identify strategies that you and your child can implement.



### Take breaks when you need them.

Try a mindfulness or breathing exercise to step back and create some calm.



### Maintain social connection.

During times of extreme stress, individuals with a solid support system are less likely to feel overwhelmed. Plan for a few chats with family or friends throughout the week to stay connected.



### Don't hesitate to seek help.

Visit [findtreatment.gov](https://findtreatment.gov) to find a behavioral health treatment facility near you.