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.

**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.

**Take breaks when you need them.**
Try a mindfulness or breathing exercise to step back and create some calm.

**Don't hesitate to seek help.**
Visit findtreatment.gov to find a behavioral health treatment facility near you.

Sources:
https://childmind.org/article/managing-anxiety-during-school-reopening/