

# COVID-19 Stress & Anxiety Self-Help Resources for Adolescents

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## About COVID-19

- Unstuck: 10 Things to Do to Stay Safe and Sane During the Pandemic.  
<https://www.apa.org/pubs/magination/unstuck> Recommended for tweens and teens to do with parental oversight.

## Relaxation strategies

- Diaphragmatic breathing <https://www.youtube.com/watch?v=UB3tSaiEbNY> (good for older children and teens)
- Deep breathing to school-age child:  
<https://www.youtube.com/watch?v=zRRCfmCcKI0>
- “A Place of Peace” guided visualization:  
[https://www.youtube.com/watch?v=v4nuSs8uS\\_Y](https://www.youtube.com/watch?v=v4nuSs8uS_Y)
- Little Victors Yoga: <https://www.youtube.com/watch?v=OAUoz9eFOMU>
- Square Breathing: <https://www.youtube.com/watch?v=Ql2O6-0JA38>

## Resources for Adolescents with anxiety

- **Books for kids:** [Anxiety Relief for Teens](#) by Regine Galanti, PhD
- **Books for caregivers:**
  - [Helping Your Anxious Child](#), by Ronald Rapee, PhD
  - [Freeing Your Child from Anxiety](#) by Tama Chansky, Phd
- **Web-based program:**
  - For parents of anxious children:  
[https://www.copingcatparents.com/Child\\_Anxiety\\_Tales](https://www.copingcatparents.com/Child_Anxiety_Tales)
  - Michigan Medicine Depression Center Toolkit  
<https://www.depressioncenter.org/depression-toolkit>

For: Adults, adolescents

The Toolkit provides information, tools, support, and resources to guide you through your mental health journey. The Toolkit offers help

to people who are experiencing problems with mood, problems with stress/anxiety, those who have been recently diagnosed with depression or bipolar disorder, and those receiving treatment for mood disorders. The Toolkit also offers help to family members and caregivers of those who suffer from mood disorders, and all people who wish to understand bipolar illnesses, depressions, and related disorders. The Toolkit was created by experts from the University of Michigan Depression Center, with from help of people living with mood and anxiety disorders and a group of external professionals.

- COVID-19 Resources for Managing Stress

<https://www.ptsd.va.gov/covid/index.asp>

For: Adults and families

The coronavirus (COVID-19) pandemic can take an emotional as well as a physical toll. There are strategies that can help with the stress, grief, and anxiety that many people are feeling. This webpage from the US Department of Veteran's Affairs, links to information and resources to support self-care, the work of providers, and community efforts.

- Virtual Cognitive Behavioral Therapy Skills Group for COVID-19

<https://trailstowellness.org/materials/skills-group-manuals/grades-9-12/virtual-cbt-skills-group-for-covid-19>

This group curriculum and training developed by TRAILS a program that works to disseminate evidence-based mental health practices to K-12 schools. Parents can share this resource with school personnel and primary care offices with behavioral health staff and encourage them to offer it to a group.

- National Alliance on Mental Illness (NAMI)

<https://nami.org/Home>

For: Adults and families

The nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

- [TRAILStowellness.org](http://TRAILStowellness.org) Offers helpful handouts, worksheets, and videos for youth anxiety and depression.
- Anxiety and Depression Association of America learn at: <https://adaa.org/finding-help/helping-others/children>. Learn about anxiety in youth, and what to ask a potential therapist.
- <https://effectivechildtherapy.org/> Learn about evidenced based mental health services for youth
- Find a CBT Therapist at : <http://www.findcbt.org/FAT/>. Find a provider trained in Cognitive Behavioral Therapy, the evidence based therapy for youth anxiety.

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