

A-Z COPING SKILLS FOR TEENS

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Coping in a pandemic is not easy, but I know you have the skills to cope. you may need a few more. Covid19 is testing all of our coping strategies. What works for one of us may not work for all of us. We are all attempting to make the best of a situation in which no one was prepared for. You may underestimate your ability to cope. You have what it takes, so just keep practicing what works and if you want a little extra help don't hesitate to reach out to your School Counsellor. You can learn more about how stress impacts you [here](#).

We all need something to do and something to hope for. Below I hope you will find suggestions for coping that will help you or a friend.

You are more capable than you might think at times. Use the strategies that work best for you.

A- Z Coping Skills for Teens:

A: Allow yourself to feel. Identifying how you feel at this time can be helpful. Maybe you can't or don't want to share how you are feeling at this moment, but there are many helpful ways to do so. Put your feelings into a song, a

poem, paint, draw or write in a journal. All are healthy ways to express your feelings.

Apps A few apps that could help you during this time are: Always There **Kids Help Phone App**, **Calm** , **MindShift** and **Thinkfull** .

B: Books :Reading is a great way to escape from the worries of the world. You could listen to an audio book or maybe even an online magazine. Books can be healing. Try some free books from **audible**.

BREATHE JUST BREATHE

Being OK with not being OK right now is OK. You may find that you have many strengths you never thought you had to cope with Covid19.

C: Connection We all need connection , but especially during this time. Who are those people in your life who lift you up? Connect with them knowing that they may need someone to listen to them as well at some other time.

Care about yourself. Write a positive message to yourself and put it on your mirror with an erasable marker. you could write a positive note to yourself on a card and put it by your bed to remind yourself that you will get through this.

D: Decide to reach out and ask for help if you need it. Reaching out is a strength not a weakness. Your **School Counsellors** and other professionals are there to help as well as many online support services. It's ok to reach out.

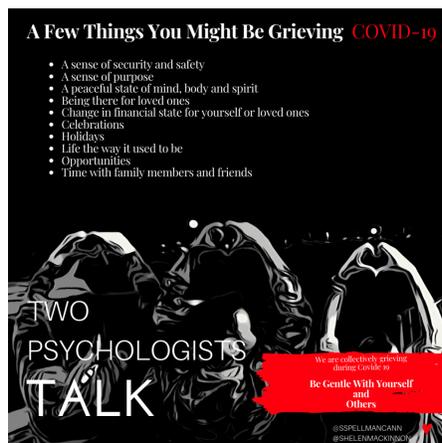
E: Express your emotions . Feelings are neither right or wrong. It's what you do with them that matters. If you hurt yourself or someone else then that needs to be changed. Finding a positive way of expressing your feelings that works just for you will matter. Try these **101 Ways to Kickstart Your Day In a Positive Way**.

Exercise is always helpful. If you have never exercised before, start now. Try getting out for a 15 mins. or more walk each day especially if you have not exercised before. It's a great way to clear the mind. You can do it! Find an app or video that helps you. During this challenging time so many are offering free online exercise classes or **videos**.

F: Focus on your strengths by finding the strategies that work for you.

There are so many coping strategies. Ask your friends what they are doing to cope and use the ones that you think might work for you.

G: Give yourself and others a break. That discomfort you are feeling is **grief**, the loss of so many things. Know that everyone is doing their best to cope. This is a challenging time for all. We've never been through this before and so if you are being irritable or unreasonable know that is normal. Feel your feelings



H: Hope . It is so important to maintain a hopeful perspective. It may be hard , but you can do it! There is much to look forward to. If you can't see it create it.

I: Invite others to help you : Kids Help Phone, your parents, another trusted adult, find someone who can really help you.

J: Just be courageous. You will get through this using all the strengths you have.

K: Kindness is always a good thing . Do a Random Acts of Kindness for someone else today. A little postcard or note in your neighbours mailbox can make their day.

L: Listen to music . It soothes the soul. Here is a **chill playlist** for teens. Try making one of your own. Here is a **playlist of relaxing music** to ease your mind.

M: Mindfulness matters. Focus on your breath. Here are some **tips** for teens.

N: Naming game : 54321 . **54321 Coping Technique** and I would add an extra 1,

One thing you are grateful for. 543211.

O: Open your mind to new ideas . This is a time where you can figure out new ways of doing things. There are so many possibilities, a new blog, maybe you can start singing for the first time. It is limitless to what you can do.

Overcome Obstacles

Check out these tips for overcoming obstacles **here**

P: Prioritize your well being. Positive self talk matters. Make sure you are speaking to yourself the way you would speak to your best friend.

Q: Quiet your mind. Be still! There are times that you may want to retreat to your room and just be still and let go of all your worries. An app like **headspace** can help with this.

R: Rest is essential at this time. You might get to sleep in at this time and that is great, but remember to get a good night's sleep. A routine of getting up in the morning and going to bed at the same time is vital and will help especially during this time of elevated stress.

S: See or do something new. Take a **virtual tour** to reduce some of your stress: **Trust** that this will not last forever. Take each day one day at a time. Develop and maintain those positive connections with people that heal and help not hurt and harm. Most importantly make sure you take care of yourself. You can find some self-care activities written by teens for teens **here**.

T: Take a **free online class** and learn something new. Try a **Netflix party**. Treat yourself to an extra long bubble bath or shower ... enjoy .

U: Understanding your coping skills matters. What has worked for you in the past to help you cope? Try some of the ideas that you know really help. Here are a few tips on coping with **stress**.

V: Visualize Where is your safe place? You may need to visualize this safe place more often than usual at this time. I tend to go to the beach and hear the waves crashing on the shore with the sun beating on my face surrounded by the people I love. Having a safe place to go in your mind can be helpful.

Virtual bubble wrap enjoy click [here](#).

W: Watch a funny show, a **free theatre performance** from across the world or a **concert** to get your mind off all the serious stuff.

X: eXtra special. That's the way you need to treat yourself. So start today. Try a **virtual paint night** and have some fun.

Y: YOU MATTER . Remember this always.

Z: A-Z you can create another list. Please share your coping skills and strategies

JUST IN CASE YOU'D LIKE SOME IMPORTANT NUMBERS AND WEBSITES :

- Emergency – 911
- **Health Link** – 811
- **Addiction Helpline** – 1-866-332-2322
- Community Resources – **211 Alberta**
- **Family Violence – Find Supports** – 310-1818
- Hope for Wellness Help Line – Mental health counselling and crisis intervention for all Indigenous people across Canada. www.hopeforwellness.ca/ or call 1-855-242-3310 (24/7)
- **Income Supports** – 1-866-644-5135
- **Kids Help Phone** – 1-800-668-6868 **kids help phone website**
- **Mental Health Helpline** – 1-877-303-2642
- **MyHealth.Alberta.ca: List of Important Numbers**
- **Toll Free Crisis Line / Distress Centres**

For more information check out some resources in Calgary [here](#).

Resources: Here are a few to check out in **Alberta**.

Check out Jack.org mental health hub of resources [here](#).

Check out these [quarantine](#) tips for teens. Thanks to @calgaryPsychdoc for sharing.

You are capable and can cope. We will all help each other through this.