

January 2022: Coping

Care Plus School Based Website: <http://careplus-schools.org/>
CPNJ Facebook | CPNJ Instagram

Bring on the new year!

2022, IT'S A NEW YEAR!

START THE NEW YEAR WITH SOME KINDNESS:
JANUARY 2022 KINDNESS CALENDAR

BEYOND COPING:
MISTAKES LEAD TO GROWTH

Link: [Helpful Books for Children and Families](#)

Books to Help with Coping for Kids:

- Visiting Feelings by Lauren Rubenstein
- What Does It Mean to Be Present? By Rana DiOrio
- The Color Monster by Anna Llenas
- Millie Fierce by Jane Manning
- Wemberly Worried by Kevin Henkes
- Coping Skills for Teens Workbook By Janine Halloran
- A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions By Amy Saltzman, MD
- Taking a Bath with the Dog (and other things that make me happy) By Scott Menchin
- Right Now: I Am Fine By Dr. Daniela Owen

Links to Resources about COPING for Parents and Kids

- [Coping with Coronavirus \(COVID-19\)](#)
- [Coping Strategies for Kids](#)
- [Coping With COVID-19 Coloring Book](#)
- [Coping Skills Worksheets for Adults and Youth](#)
- [Tools for Supporting Emotional Wellbeing in Children and Youth](#)
- [Tools for Younger Kids and Their Parents](#)
- [Tools for Youth and Teens](#)
- [How to Help a Highly Emotional Child Cope With Big Feelings](#)

Helpful videos:

- [Taking It One Day at a Time](#)
- [Setting Intentions for the Rest of Your Day](#)

Useful Links

- [New Jersey Community Resources](#)
 - Choose your county for local information
- [NJ Children's System of Care](#)
- [NJ Youth Helpline](#)
- [Psychiatric Crisis and Screening Centers](#)

Stay in the know:
Useful Social Media Accounts to Follow



Instagram:

- 📌 [@drbeckyatgoodinside](#)
- 📌 [@abcdelearning](#)
- 📌 [@consciousdiscipline](#)

Make time for free time:

- 📌 Confidence song:
<https://www.youtube.com/watch?v=g4gElrKmXWo>
- 📌 Coping skills (elementary):
<https://www.youtube.com/watch?v=B3wsY138qOI>
- 📌 Coping skills (middle and high school):
<https://www.youtube.com/watch?v=NmuOZ--pM88>
- 📌 A – Z Coping Strategies
<https://www.youtube.com/watch?v=5EXpkVw3fh0>

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Coping Skills Apps for phones/tablets for Parents & Students:



STOP, BREATHE & THINK



10% happier



BREATHE, THINK, DO WITH SESAME



Three Good Things - A Happiness Journal

Emotional Regulation:

- **Practice deep breathing:** teach your child to breath in slowly and quietly through their nose and hen out through their mouth.
- **Count to calm:** teach your child to distract themselves from upsetting thoughts by counting. Counting ceiling tiles, counting to 10 or 100, are just a few mental tasks to reduce stress.
- **Take a break:** Allow your child to give them self a brief time-out. Make it clear to your child that they can do this *before* they potentially get sent there for misbehavior. Then, they'll be in control of deciding when they're ready to come out.
- **Create a calm down kit:** fill a box with items that help your child calm down (or cheer up). Coloring books and crayons, scratch and sniff stickers, pictures that your child enjoys just a few things that can engage their sense and help them manage emotions.
- **Problem solve with your child:** if your child's emotions are causing problems for them, work together to address he problem. Ask them for their input on what strategies might help. They may develop some creative solutions with your support.
- **Identify mood boosters:** talk to your child about the things they like to do when they feel happy, like playing outside, reading a joke book, or singing their favorite song. Write those things down and tell them those are their "mood boosters." When they're feeling bad, encourage them to engage in one of these to help them cope with their feelings.

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Avoid Reinforcing Outbursts

The way you respond to your child’s emotions makes a big difference. Sometimes parents inadvertently encourage kids to have emotional outbursts. If you’re working on helping your child regulate their emotions better, it’s best to avoid:

- **Rewarding your child for calming down:** If you offer your child a special treat every time they pull them self together, they may learn that bursting into tears or yelling at their sibling are good ways to get something they want.
- **Showering your child with attention:** While it’s important to offer comfort, make sure you don’t overdo it. You don’t want your child to learn that getting upset is the best strategy for attracting your attention.
- **Calming your child down constantly:** It’s helpful to offer reassurance, but it’s also important to teach your child the skills they’re going to need to calm themselves down so they can handle their emotions when you’re not there to step in and help.
- **Telling your child to stop crying:** Telling your child to stop crying might make them more upset. And if they see you getting worked up over their tears, they may think they’re doing something wrong—and that won’t make it any easier to stop crying.
- **Announcing that your child is sensitive:** If you warn every teacher, coach, or friend’s parent that your child is sensitive, you may be sending a message that they can’t handle themselves. While it’s useful to offer some insight into your child’s temperament, it’s not a requirement. Only offer this information if you think it will provide some helpful insight.

Helpful Tips to Promote Coping Skills in the Home

- ✓ **Morning Breathing & Check-In** - Mornings are a good time to check-in with your children's emotions. Have your children complete this sentence, "Today I feel ____." And remember, no judgement! It is great for you to participate too!
- ✓ **Journal** - Take a few minutes to write down everything important to you in the moment, or what you can notice around you.
- ✓ **Color or Draw together** - Coloring may actually help replace patterns of negative thinking with more positive ones. Encourage yourself to be present.
- ✓ **Create a Calming Corner** - Together with your children, create a calming, safe space for children to access coping skills (squishes, coloring books, etc.)
- ✓ **Mindful Walking** - Go on a walk by yourself or with your family! Conscious awareness and moving in the environment (without technology!); brings you closer to nature and your body, connects you to the present moment.
- ✓ **Intention Setting** - When you wake up, set an intention for yourself. It's an aim, purpose, or attitude you'd be proud to commit to. (example: "Today I accept all that I am." "Today I intend to see all the good.")
- ✓ **Eat with Awareness** - Take 25 bites to chew your food. Put your fork down between each bite. Attend to your plate.
- ✓ **Practice Gratitude** - Think or write about one thing you are thankful for; you can do this together with your family as well.
- ✓ **Slow Down** - Do one thing at a time and be fully there!
- ✓ **Notice & Name** - When children are upset, help them notice and name their thoughts.
- ✓ **Move & Stretch** - Together as a family, spend some time moving and stretching your bodies. Yoga is a great activity! Or try 25 jumping jacks & 10 squats! Or go on a walk!
- ✓ **Show** - SHOW children how to accept their emotions by role-modeling yourself. Talking about feelings helps the coping process.



World Health Organization

Coping with stress during the 2019-nCoV outbreak



It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.

If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.



Don't use smoking, alcohol or other drugs to deal with your emotions.

If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.

Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.

Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.



Coping Skills

A coping skill is the way that you handle your anger, stress, anxiety, fear or any other feeling!

A **GOOD** coping skill is one that helps you feel better in the moment without hurting yourself or anyone else. It is also one that doesn't get you into any trouble now or later.

A **POOR** coping skill is one that might feel good when you use it, but it ends up hurting you or other people. Using a poor coping skill for a long time can be harmful.



Using positive self-talk

Deep breathing

Taking a shower

Going for a walk

Doing something creative

Exercising

Talking to a friend

Playing a sport or game

Hanging out with friends

Taking a time out

Using an I-Feel message

Counting to 10

Name-calling or insulting

Becoming violent

Spreading rumors

Yelling and screaming

Hurting yourself

Threatening

Doing something dangerous

Shutting down

Pretending like you don't care

Blaming other people

Negative self-talk

Avoiding family and friends

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CREATE FROM FLOW
25 Coping Skills
Everyone Needs

Paint your nails 	Go for a walk 	Blow Bubbles 
Read a book 	Watch a funny movie 	Exercise 
Draw or Doodle 	Do Box Breathing 	Color Therapy 
Do some Knitting 	Do Crossword Puzzles 	Read Quotes and Affirmations 
Have a Bath 	Clean Up 	Do Grounding 
Get into Child's Pose 	Use an Impulse Control Log 	Cuddle Pets 
Journal 	Call a Friend 	Write a Forgiveness letter 
Write a letter to your inner child 	See a Therapist 	Meditate 



COPING SKILLS I ALREADY USE

- _____
- _____
- _____
- _____
- _____

COPING SKILLS I WOULD LIKE TO USE MORE

- _____
- _____
- _____
- _____
- _____

COPING SKILLS THAT ARE UNHEALTHY

- _____
- _____
- _____

Calm Down & Mindfulness Strategies

► What is Mindfulness?

Mindfulness can be defined as maintaining a moment-by-moment awareness of thoughts, feelings, bodily sensations, and environment, through a gentle, nurturing lens. People affected by chronic anxiety become less associated with the present moment and become more consumed by negative thoughts and emotions.

Mindfulness can help bring us back to the present moment, allowing us to become better connected to ourselves, our thoughts, feelings, surroundings, and to one another.

► Mindful Breathing

Instruct students to close their eyes, take a deep inhale for four counts and then repeat the same process during the exhale. As an alternative, you could instruct students to inhale through their noses while rolling their shoulders upward for four counts, and then exhaling through their mouths while rolling their shoulders downward.

► Channel Your Inner Superhero

Your students should go to separate areas in the room. Allow them to choose where they feel the most comfortable standing and instruct them to model their favorite superhero poses. Adults should lead by example and encourage students by modeling their favorite superheroes as well! Remind them to channel the feeling of strength and courage when they are feeling uncertain or stressed.

► Talk Gratitude

During stressful times, students may be overly critical of themselves and their abilities. As a class, instruct students to reflect and identify things to be grateful for daily. This can be done in a gratitude journal or through classroom discussion. Remind students to return to these positive thoughts during moments of frustration, which encourages them to see the "brighter side" of things.

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▶ Play a Game of I Spy

Use descriptive adjectives to point out something in your environment. This encourages children to use their senses to identify the object. Encourage students to use adjectives that involve the senses when it's their turn to choose the next object. Returning to this classic game will help students to become focused on the present.

▶ Glitter Jar

When students are experiencing stress and frustration, encourage students to shake up these jars! First, encourage students to identify their negative emotion, then as they shake the jar, encourage them to imagine this emotion being left behind. Consider creating glitter jars as a project.

▶ Designate a Calm Down Corner

Designate space in one corner for calming down. Reserve a physical space where students can breathe, journal, and draw when they're feeling overwhelmed with negative emotions. It might help to transfer any motivational messaging, art, and even Move This World's Embodied Relaxation posters to this corner so that students can access visual reminders of strategies they can use to calm down in the moment.

▶ Power of Pause

Engage in Move This World's relaxation and mindfulness-focused videos. These 3-5 minute videos are great for the end of the day or during transition periods. Find a collection of videos for free in Move This World online showcase, which you can access [here](#).

Estrategias para Calmarse y Prestar Atención Plena

▶ ¿Qué es Mindfulness o Atención Plena?

La atención plena se puede definir como mantener una conciencia momento a momento de los pensamientos, sentimientos, sensaciones corporales y el entorno, a través de una lente sutil y enriquecedora. Las personas afectadas por la ansiedad crónica se asocian menos con el momento presente y se vuelven más consumidas por los pensamientos y emociones negativos.

La atención plena puede ayudarnos a regresar al momento presente, permitiéndonos conectarnos mejor con nosotros mismos, nuestros pensamientos, sentimientos, entornos y con los que nos rodean.

▶ Ejercicio de Respiración Consciente

Indique a los estudiantes que: Cierren los ojos. Inhalen profundamente durante 4 tiempos. Repitan el mismo proceso para la exhalación.

Versión alternativa: Indique a los estudiantes que: Cierren los ojos. Inhalen por la nariz mientras levantan los hombros hasta las orejas. Exhalen por la boca y bajen los hombros.

▶ Canalizar a Nuestro Superhéroe Interno

Permita que los estudiantes elijan dónde se sienten más cómodos parados y separados de los otros estudiantes. Indíqueles que imiten sus poses favoritas de superhéroes. ¡Los adultos deben dar el ejemplo y alentar a los estudiantes imitando también a sus superhéroes favoritos! Recuérdelos que canalicen la sensación de fuerza y coraje cuando se sienten inseguros o estresados.

▶ Hablar de la Gratitud

Durante tiempos estresantes, los estudiantes pueden ser demasiado críticos de sí mismos y de sus habilidades. En la clase, indique a los estudiantes que reflexionen e identifiquen cosas por las que deben estar agradecidos a diario. Esto se puede hacer en un diario de agradecimiento o mediante un debate en el salón de clases. Recuérdelos a los estudiantes que vuelvan a estos pensamientos positivos durante los momentos de frustración, lo que los alienta a ver el "lado positivo" de las cosas.

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▶ Jugar un juego de I Spy (Veo, veo)

Use adjetivos descriptivos para señalar algo en su entorno. Esto anima a los niños a usar sus sentidos para identificar el objeto. Anime a los estudiantes a usar adjetivos que involucren los sentidos cuando sea su turno de elegir el siguiente objeto. Jugar este juego clásico ayudará a los estudiantes a concentrarse en el presente.

▶ Frasco de Brillantina

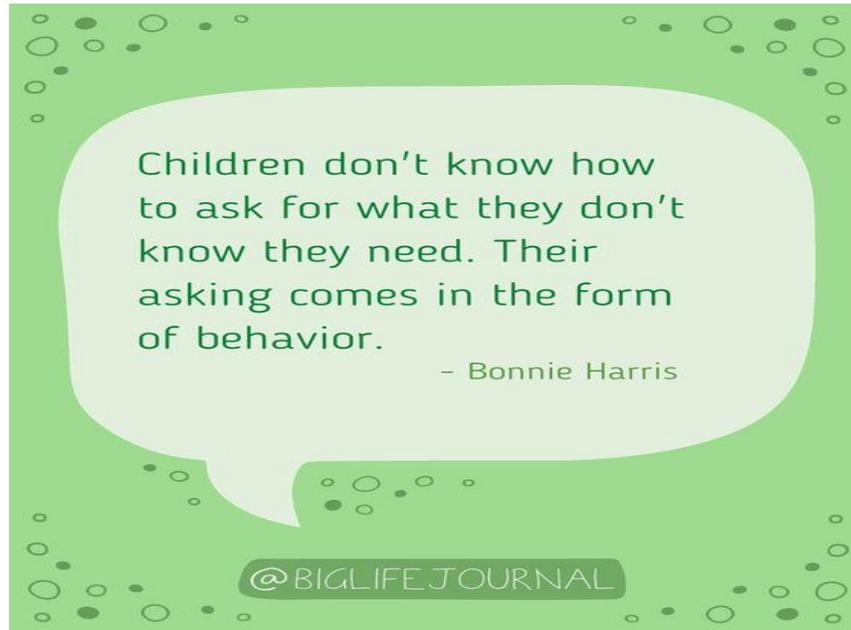
Cuando los estudiantes experimenten estrés y frustración, ¡aliéntelos a sacudir estos frascos! Primero, aliente a los estudiantes a identificar sus emociones negativas. Mientras agitan el frasco, animelos a imaginar que esta emoción se queda atrás. ¡Crear frascos de brillantina se puede usar como un proyecto para el salón de clase!

▶ Designar una Esquina Tranquila

Designe espacio en una esquina para calmarse. Reserve un espacio físico donde los estudiantes puedan respirar, escribir en un diario y dibujar cuando se sientan abrumados con emociones negativas. Puede ser útil transferir cualquier mensaje de motivación, arte e incluso posters de Relajación Profunda de Move This World (Mover este Mundo) a esta esquina para que los estudiantes puedan tener acceso a recordatorios visuales de estrategias que pueden usar para calmarse en el momento.

▶ El Poder de Tomar una Pausa

Participe en los videos centrados en la relajación y la atención plena de Move This World (Mover este Mundo). Estos videos de 3-5 minutos son excelentes para el final del día o durante los períodos de transición. ¡Encuentre una colección de videos gratis en el muestrario en línea de ¡Move This World!



TYPES OF COPING SKILLS

<p>Self-Soothing (Comforting yourself through your five senses)</p> <ol style="list-style-type: none">1. Something to touch (ex: stuffed animal, stress ball)2. Something to hear (ex: music, meditation guides)3. Something to see (ex: snowglobe, happy pictures)4. Something to taste (ex: mints, tea, sour candy)5. Something to smell (ex: lotion, candles, perfume)	<p>Distraction (Taking your mind off the problem for a while)</p> <p>Examples: Puzzles, books, artwork, crafts, knitting, crocheting, sewing, crossword puzzles, sudoku, positive websites, music, movies, etc.</p>	<p>Opposite Action (Doing something the opposite of your impulse that's consistent with a more positive emotion)</p> <ol style="list-style-type: none">1. Affirmations and Inspiration (ex: looking at or drawing motivational statements or images)2. Something funny or cheering (ex: funny movies / TV / books)
<p>Emotional Awareness (Tools for identifying and expressing your feelings)</p> <p>Examples: A list or chart of emotions, a journal, writing supplies, drawing / art supplies</p>	<p>Mindfulness (Tools for centering and grounding yourself in the present moment)</p> <p>Examples: Meditation or relaxation recordings, grounding objects (like a rock or paperweight), yoga mat, breathing exercises.</p>	<p>Crisis Plan (Contact info of supports and resources, for when coping skills aren't enough.)</p> <div style="border: 1px solid black; padding: 5px;"><p>Family / Friends Therapist Psychiatrist Hotline Crisis Team / ER 911</p></div>

Positive Steps to Wellbeing

<p>Be kind to yourself</p>  <p>Our culture, genes, religion, upbringing, education, gender, sexuality, beliefs, and life experiences make us who we are. We all have bad days.</p> <p>Be kind to yourself. Encourage rather than criticise yourself. Treat yourself the way you would treat a friend in the same situation.</p>	<p>Exercise regularly</p>  <p>Being active helps lift our mood, reduces stress and anxiety, improves physical health, and gives us more energy.</p> <p>Get outside, preferably in a green space or near water.</p> <p>Find an activity you enjoy doing, and just do it.</p>
<p>Take up a hobby and/or learn a new skill</p>  <p>Increase your confidence and interest, meet others, or prepare for finding work.</p>	<p>Have some fun and/or be creative</p>  <p>Having fun or being creative helps us feel better and increases our confidence.</p> <p>Enjoy yourself!</p>
<p>Help others</p>  <p>Get involved with a community project, charity work, or simply help out someone you know.</p> <p>As well as benefiting others, you'll be doing something worthwhile which will help you feel better about yourself.</p>	<p>Relax</p>  <p>Make time for yourself. Allow yourself to chill out and relax. Find something that suits you – different things work for different people.</p> <p>Breathe... (Imagine a balloon in your belly, inflating and deflating as you breathe in and out)</p>
<p>Eat healthily</p>  <p>Eat regularly, eat breakfast, eat healthily, eat fruit and vegetables, drink water.</p>	<p>Balance sleep</p>  <p>Get into a healthy sleep routine – including going to bed and getting up at the same time each day.</p>
<p>Connect with others</p>  <p>Stay in touch with family and friends - make regular and frequent contact with them.</p>	<p>Beware drink and drugs</p>  <p>Avoid using alcohol (or non-prescribed drugs) to help you cope – it will only add to your problems.</p>
<p>See the bigger picture</p>  <p>We all give different meanings to situations and see things from our point of view. Broaden out your perspective and consider the bigger picture ('the helicopter view')</p> <p>What meaning am I giving this? Is this fact or opinion? How would others see it? Is there another way of looking at this? How important is it, or will it be in a year's time? What can I do right now that will help most?</p>	<p>Accepting: 'It is as it is'</p>  <p>We tend to fight against distressing thoughts and feelings, but we can learn to just notice them and give up that struggle.</p> <p>Some situations we just can't change. We can surf those waves rather than try to stop them.</p> <p>Allow those thoughts and sensations just to be – they will pass.</p>

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Coping Skills

Coping skills help us get through difficult times - they can give us an important break from mental and emotional distress, and sometimes they are literally life-saving.

Keep this list of coping skills handy for when you need it... folded up in your wallet or bag or post it up on the wall somewhere handy at home.

Make this list work for you
Use a highlighter pen to mark the skills that work best for you & add your own ideas over the page.

<p>Distraction</p> <p>Absorb your mind in something else</p>	<p>Conversation, listen to talk radio, read, do puzzles, TV, computer games, jigsaws, solve a problem, make a list, learn something new, cleaning & tidying, gardening, arts & crafts.</p>	<p>Pros</p> <p>Gives your heart & mind a break. Great for short term relief. Great to get through a crisis.</p>	<p>Cons</p> <p>Can't do it for too long. Doesn't resolve any underlying issues. Meds can make it hard to concentrate.</p>
<p>Grounding</p> <p>Get out of your head & into your body & the world</p>	<p>Use body & senses: smell fragrances, slowly taste food, notice the colours around you. Walk on the grass barefoot, squeeze clay or mud, do yoga, meditate, exercise.</p>	<p>Pros</p> <p>Helps slow or stop 'dissociation' (feeling numb, floaty or disconnected). Reduces physicality of anxiety.</p>	<p>Cons</p> <p>Sometimes it's better to stay a bit dissociated (that's how your mind protects you).</p>
<p>Emotional Release</p> <p>Let it out!</p>	<p>Yell, scream, run! Try a cold shower. Let yourself cry... and sob. Put on a funny DVD and let yourself laugh! Try boxing, popping balloons, or crank up some music & dance crazy!</p>	<p>Pros</p> <p>Great for anger and fear. Releases the pressure of overwhelming emotion.</p>	<p>Cons</p> <p>Hard to do in every situation. Feels odd. Some people might think you're acting 'crazier' (be selective with how & where you do this)</p>
<p>Self Love</p>	<p>Massage hands with nice cream, manicure your nails, cook a special meal, clean your house (or just make your bed), bubble bath or long shower, brush hair, buy a small treat.</p>	<p>Pros</p> <p>Become your own best friend, your own support worker. Great for guilt or shame. You deserve it!</p>	<p>Cons</p> <p>Sometimes can feel really hard to do, or feel superficial (but it's not).</p>
<p>Thought challenge</p>	<p>Write down negative thoughts then list all the reasons they may not be true. Imagine someone you love had these thoughts - what advice would you give them?</p>	<p>Pros</p> <p>Can help to shift long-term, negative thinking habits. Trying to be more logical can help reduce extreme emotion.</p>	<p>Cons</p> <p>The more emotional you feel, the harder this is to do. In particular, feelings of shame can make this very hard.</p>
<p>Access your higher self</p>	<p>Help someone else, smile at strangers (see how many smiles you get back), pray, volunteer, do randomly kind things for others, pat dogs at the local park, join a cause</p>	<p>Pros</p> <p>Reminds us that everyone has value and that purpose can be found in small as well as large things.</p>	<p>Cons</p> <p>Don't get stuck trying to save everyone else and forget about you!</p>

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Your Personal Coping Skills List

Use this page to write your own list of coping skills. You might take some from my list, some that you already know, and others may still be out there for you to discover...



Distraction Absorb your mind in something else	
Grounding Get out of your head & into your body	
Emotional Release Let it out!	
Self Love	
Thought challenge	
Access your higher self	

Remember... Coping skills are a start, but not the end. Being able to cope with distress can be life-saving, but eventually you need to do the work to heal from the causes of distress.

Find out more online at www.indigodaya.com

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Muscle Relaxation

Sit back or lie down in a comfortable position. For each area of the body listed below, you will tense your muscles tightly, but not to the point of strain. Hold the tension for 10 seconds, and pay close attention to how it feels. Then, release the tension, and notice how the feeling of relaxation differs from the feeling of tension.

- ❖ **Feet:** Curl your toes tightly into your feet, then release them.
- ❖ **Calves:** Point or flex your feet, then let them relax.
- ❖ **Thighs:** Squeeze your thighs together tightly, then let them relax.
- ❖ **Torso:** Suck in your abdomen, then release the tension and let it fall.
- ❖ **Back:** Squeeze your shoulder blades together, then release them.
- ❖ **Shoulders:** Lift and squeeze your shoulders toward your ears, then let them drop.
- ❖ **Arms:** Make fists and squeeze them toward your shoulders, then let them drop.
- ❖ **Hands:** Make a fist by curling your fingers into your palm, then relax your fingers.
- ❖ **Face:** Scrunch your facial features to the center of your face, then relax.
- ❖ **Full Body:** Squeeze all muscles together, then release all tension.

