

# Information on Understanding COVID-19 for Parents and Teens



## [Rooted In Love](#)

This is Mike Smith's Live video entitled Rooted in Love. He is a great speaker and provides a perspective of what teens are experiencing with COVID-19. He seems very able to connect with teens.

## **Helping Adolescents Manage Anxiety Related to COVID 19**

### [5 Ways to Help Teens manage anxiety about the Coronavirus](#)

This article emphasizes the importance of parents' role in modelling calmness and normalizing and accepting their teens anxiety about the Coronavirus.

### [Free Resources to support our teens to be CALM - Calm App's](#)

Many of us are feeling anxious as we navigate the uncertainty of COVID-19. The Calm app is providing free mindfulness and meditation resources in an effort to support our mental and emotional wellness.

### [Using Art to help youth deal with Anxiety](#)

Art allows children, teens and adults to express themselves nonverbally. Art can help move you away from the situation and allow a different perspective to emerge. There are 3 very easy and effective techniques, minimal art supplies required, teens and the family can use to help them cope with their anxiety.

### [Coronavirus: 10 Reasons Not to Panic](#)

A great reminder for all ages

### [What to do if you are anxious or worried about COVID-19](#)

Uncertainty about COVID-19 can cause feelings of worry in children, teens, and adults. This article discusses social distancing, media use, and self-compassion.

## **Healthy, Helpful Ways to Direct Time and Energy.**

### [7 ideas for surviving quarantine with your family](#)

This link provides family organizational ideas for keeping healthy and happy during quarantine.

### [10 Things to do with your Teens while 'Social Distancing'](#)

Ideas for parents while social distancing/ in isolation.