

TIPS FOR KIDS AND/OR TEENS

FIND WAYS TO RELAX.

- Try to notice things around you if you feel overwhelmed and use your five senses: name two things that you can see, two things that you can hear, and two things that you can smell.
- Take deep breaths to help your body get back to a resting state.
- One way to practice deep breathing is to:
 - Pretend your belly is a balloon. Breathe in and make the balloon bigger, then breathe out and make the balloon shrink.
- Practice using your imagination to think of positive images, such as being in a favorite spot, to help relax and reduce stress.

TAKE CHARGE OF YOUR THINKING.

- Pay attention to what you are saying to yourself. Ask yourself, “What would I tell my friend if they were in this situation?” or “What’s the worst thing that could happen? If the worst thing DID happen, what could I do to handle it?”



FOCUS ON GETTING ENOUGH SLEEP.

- We are more likely to get upset or feel down if we don’t get enough rest. Try to make the hour before you go to bed peaceful and relaxing. Try to stay away from your phone and the TV, since the light tricks your brain into thinking it is daytime.

GET SUPPORT.

- Talk to your parent or caregiver if you are feeling sad, worried, angry or overwhelmed after a trauma.
- A therapist, such as a psychologist, social worker or counselor can help you understand and manage your moods and feelings.
- You can call a helpline such as 1-800-273-TALK or Text “CONNECT” to 741741.
- Call 911 if you are in a crisis or want to hurt yourself.

RESOURCES

<https://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml>

https://www.ptsd.va.gov/professional/treatment/children/ptsd_in_children_and_adolescents_overview_for_professionals.as

<https://www.nctsn.org/what-is-child-trauma/trauma-types>