



Overcoming Anxiety

Many people feel anxious when they have big changes in their lives, you are not alone. Anxiety can make you feel sad, tired, nervous, shaky, make it hard to sleep or make you feel like being alone more of the time.

You have the power to overcome anxiety by using your mind and your body. Here are lots of things that can help you feel better. Just click on the underlined links:

- Before sleep, try listening to:
Sleep Meditations for Kids, Land of the Unicorns:
<http://www.youtube.com/watch?v=sim2jV60Grg>
Meditation Bedtime Stories for Kids:
<https://apps.apple.com/us/app/new-horizon-kids-meditation/id145719117#?>
A relaxing youtube video to help you fall asleep:
<https://www.youtube.com/watch?v=TRgVIsIcSeo>
- Try these relaxing exercises every day:
Guided muscle relaxation for kids:
<https://www.youtube.com/watch?v=cDKyRpW-Yuc>
Yoga At-Home for Kids, Teens and Adults
<https://youtu.be/X655B4ISakg>
7-Minute Guided Meditation:
http://youtu.be/kPPpb5_92uY
- Exercise to let out stress. You probably don't feel like it but you'll feel better afterwards! Try these fun workouts on youtube:
https://www.youtube.com/watch?v=L_A_HjHZxfI&feature=youtu.be
<https://www.youtube.com/watch?v=kwkXyHjgoDM>
- Try listening to songs that help express your mood - Spotify is a free music app.
- Keep a notebook where you can draw or write out your feelings
- Pick someone to talk to when you're sad, scared or worrying. It can be a relative, friend, teacher, doctor, counselor, pastor - anyone who helps you feel safe and comfortable.
- Try this free app on your phone that helps you cope with stress and worry: **Mindshift**

