



# Helpful Wellness Resources from Mrs. Fitch

## When feeling out of control or anxious:

-Focus on your [Circle of Control](#) & the *Positive* with [this calendar of coping skills](#).

-[Make a Plan](#) & Learn Some [Problem Solving Solutions](#)

-Sign off of devices—too much screen time can make you more anxious. Remember to take breaks!

-Have some fun conversations with your family. Idea [#1](#) Idea [#2](#)

-Get active—if possible, go outside to get some sunshine and fresh air.

-Try some Screen Free ideas for fun

-RELAX—try one of the fun apps/YouTube videos to help calm you down.

-Praise the Lord—[sing with this 1 hour video](#) of praise & worship music or turn on your favorites

-Keep the germs at bay! Make a [homemade paper towel face mask with Mrs. Swiderek](#) or your own from a [bandana](#).

## Great Apps & Videos to Help you Relax:

[Calm](#) or [Head Space](#)—apps with relaxing music & guided meditations to slow your brain down.

[Relax Melodies](#)—create your own soothing sounds, guided meditations, and bedtime stories.

[Breathing Exercise video](#)

[Christian Meditation video](#)

[Kids Relaxation Body Scan video](#)

[One Minute Pause](#)—[prayer app](#) for the whole family

## Get Moving, Get Creative & Have Fun!

[Screen Free ideas](#) List [#1](#) List [#2](#) List [#3](#)

[30 Day Lego Challenge](#)—get building

Do some [Go Noodle](#) brain breaks through [YouTube](#) or their App.

Apps: [30 Day Fitness Challenge](#) or [Nike Training Club](#)

Try a [Personalized Name Workout](#) for [Kids](#) & [Teens](#)

Try some [Drawing Challenges](#)

[Do a Scavenger Hunt](#): 1) [Backyard](#) 2) [Neighborhood](#) 3) [ABCs](#)

Feel free to reach out if you need me:  
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