

# On This Season of Life: Youth Edition: Let's Keep it Simple

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**We are all juggling a lot right now.**

**Experiencing anxiety, worry, or sadness with all of the uncertainty and changes from COVID-19 is completely understandable.**

*Not being able to go to school, see friends, and not being able to go a lot of places can be extremely frustrating and difficult.*

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**Managing emotions during this time can also be hard;** and just like our physical health, our mental health is important too. We can combat some of the feelings of being overwhelmed by focusing on our self-care.

## **SELF-CARE TOOLKIT**

Having a self-care routine or a self-care toolkit tailored specifically to YOU can promote positive health and wellbeing. Self-care toolkits will look different at each age group.

## **WHAT IS A SELF-CARE TOOLKIT?**

A self-care toolkit is a mixture of coping skills or physical items that can help an individual navigate stressful situations or emotions. It's a go-to kit for self-care and can boost one's well-being and resilience.

### **Where to start to help your child (pre-school through jr. high) create their very own self-care toolkit?**

- Ask them to think about situations that make them feel sad, upset, or overwhelmed.
- Next, ask them to think about what would make them feel better in those situations.

### **Where to start to help you as teens create your very own self-care toolkit?**

- Think about situations that make you feel sad, upset, or overwhelmed.
- Think about what would make you feel better in that situation.

### **What goes into a self-care toolkit?**

Remember this is unique to the individual! *Here are some examples at each grade level:*



#### **Pre-K through Grade 4**

**Self-care items:** Favorite books, coloring books, crayons, colored pencils, stuffed animals, tinker toys, puzzles, playdoh, etc.

**Self-care coping skills:** draw a picture, color, listen to music, hug a stuffed animal, hug a friend or parent, go play outside, think about happy memories, have someone read them a book, etc.

## Grade 5-8

**Self-care items:** books, coloring books, crayons, colored pencils, journal, music, movies, magazines, sweatshirt, blanket, etc.

**Self-care coping skills:** color, watch a movie, read a book, go on a walk with family, talk with a friend or parent, breathing techniques (breath in and out slowly), write a story, journal.



## Grade 9-12

**Self-care items:** books, coloring books, crayons, colored pencils, journal, music, magazines, favorite scented candle, sweatshirt, blanket, movies, etc.

**Self-care coping skills:** color, watch a movie, read a book, workout, go on a walk/run, talk with a friend or parent, breathing techniques (breathe in and out slowly), yoga, journal, etc.

### HOW DO WE MAKE THE DIY SELF-CARE TOOLKIT?

- Use any shoe box, or plastic container that you may have laying around the house. Have any wrapping paper? Wrap it to add some color!
- Use markers, crayons, or paint to personalize your self-care toolkit.
- Write down what coping skills would help you or your child.
- Place the coping skills and self-care items in the container or box.

### Self-care toolkits are tailored specifically to the individual!

*What helps one person feel better, cope, and relax may not help another.* This can be a fun and simple DIY activity that you can do yourself or with family! When individuals are feeling overwhelmed, worried, sad, or anxious they can reach for their self-care toolkit to

comfort them.

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Here is another resource that you can use to help your child create a self-care toolkit: [How to create a self-care toolkit for kids](#)

Here is a resource to help teens create their own self-care toolkit: [9 Simple Self-Care Tips And Activities for Teens](#)

Here is a resource to help build resilience through simple mindfulness techniques: [Building Resilience in Stressed Kids using Simple Mindfulness Techniques](#)

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**Southwest Counseling Service** and **Sweetwater County Prevention** wants to remind you of emergency numbers if you need it.

Southwest Counseling Service is practicing social distancing and has precautions in place, but remains **OPEN** during this time.

Southwest Counseling Service on-call services are available and operating 24 hours-7 days a week: [\(307\) 352-6677](tel:3073526677)

**National Suicide Prevention Lifeline** – The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

National Suicide Prevention Lifeline: [\(800\) 273-8255](tel:8002738255) or visit [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

