

How to Ease the Anxiety of Children Throughout the COVID-19 Pandemic

1. Breath

- Implementing a short but powerful breathing meditation helps calm our minds, focus our attention and operate from a place of peace and support for one another. Start by closing your eyes. Take a deep breath as if you are breathing in health and wellness from the Earth. Let this breath travel all the way up from the bottom of your feet up your spine to the top of your head, visualizing that you are filling up every muscle, organ, blood cells with radiant gold healing light.
- Then imagine a radiant white light from high above your head beaming into every muscle and cell of your body – keeping your body strong, healthy and vibrant. Breathe deeply and exhale any fears and anxiety. Continue breathing in this healing white light for five long breaths. When you are ready, open your eyes and notice your health and well being.
- Affirm: I am strong, healthy and glowing with energy

2. Logic – Learn the Facts

- Yes, COVID-19 is a bad virus and we need to protect ourselves from it but this will not last forever. It is important to not get caught up in the hysteria of the moment. There have been bad viruses and diseases in the past and yet we continue to combat them. And while the number of cases of COVID-19 continues to climb each day, so too do the number of people who have completely recovered from the virus. It's important to know the facts and stay calm because anxiety can flood adrenaline into the body and weaken the immune system, making you more vulnerable to viral infections.
- Affirm: This too shall pass

3. You're Not Alone

- Know you're not alone. Call, text, or facetime a friend when you're feeling scared or alone. Discuss what you're feeling out loud. Ask them what they do to feel calm and take those practices into consideration. Do something fun together to distract your mind from worries.
- Affirm: I am understood and supported

4. Look outside & inside for what's right in your world

- Remind yourself what is good and calm in your life right now. Science has found that gratitude actually strengthens the immune system. Notice when the sun is shining, listen to the raindrops, doing something you enjoy, notice a positive feeling. Express gratitude for some of the things we most often take for granted.
- Affirm: My body is healthy, strong and vibrant. I am grateful for.... And list 5 new things you're grateful for every day

5. Stay Close to those you love

- Although it's important to distant yourself in public from others, it's still okay and important to stay close with your family. Give your Mom, Dad, sibling a hug or cuddle your pet. Did you know that hugs actually strengthen the immune system? Hugs help stimulate the body's production of white blood cells that fight off diseases.
- Affirm: I am loving and loved