MAKE A PLAN
Anxiety thrives on uncertainty. Each night create a detailed schedule for the next home school day. Include small steps, like showering, study time, and snack breaks. When our mind creates a plan our body has a map to follow through with success.

LEARN ONLINE
This break from school IRL is an opportunity to learn online. Learning keeps us busy, engaged, and distracted. When you wake-up, get on top of your school work first thing. That will give you space later in the day for play and self-care.

SEE AND BE SEEN
Social distancing does not mean we can’t connect! It is so easy for anxiety to make us curl up in a little ball and withdraw from the world. Commit to at least one social interaction a day. Whether you’re swapping a TikTok, FaceTiming, or sending a Snapchat, reach out to your friends.

MOVE YOUR BODY ON THE DAILY!
Walking from your room to the fridge to the bathroom does not count! Go outside for a walk, take a run, or do a yoga video on YouTube. Exercise is one of the most important ways to release anxious energy and calm your mind and body.

SLEEP
Keeping a regular sleeping schedule is very important for calming the body. Get to bed before 10pm. We know it’s hard, but turn your phone on silent and allow your body to sleep. All those message and pings will still be there in the morning.

SHOW COMPASSION
We are all spending more time with our families than we probably ever have before. If you’re feeling on edge, let your family know you need some solo time. Remove yourself and regroup. Remind your body you are safe and in control.

DAILY STEPS FOR ANXIETY REDUCTION
Make Calmness a Priority During COVID -19

CREATED BY CLAYTON VALLEY CHARTER HIGH SCHOOL DEPARTMENT OF SPECIAL EDUCATION