

Linked Resources from COVID/Holiday Stress Video:

- Stay physically active - [GoNoodle: Movement and mindfulness videos](#)
- Make time for mental rest - [Go Zen: 50 Calm Down ideas](#) [Mindfulness for Teens](#)
- Coping with big thoughts - [TRAILS Cognitive Coping Materials](#)
- Recognizing when coping is healthy vs. Unhealthy

<https://www.youtube.com/watch?v=94o4Ak0TECw>

Where to go for help:

- **RESOLVE24 hr Hotline: 1-888-796-8226**
- **Text Line: 741741**
- **National Suicide Prevention**
- **Lifeline: 1-800-273-8255**
- **Teenline.org: 800-852-8336**
- [School Based Therapy](#)
- [TRAILS Wellness](#)
- [Teen Mental Health](#)