

Anxiety

For teens or anyone else, anxiety is a normal reaction to stress. Things like tests, meeting new people, speaking in public, going on a date, and competing in sports, can make us feel apprehensive or uneasy. But some teens react much more strongly to stressful situations than others.

If you are feeling anxious:

- Get plenty of exercise. It can take your mind off things, make you feel good, and your body will feel relaxed.
- Make sure you are getting enough sleep.
- Ask a parent to take you to the doctor.
- Practice reading out loud, or giving a report, so that you feel confident when you are doing something in your class.
- Talk to your counselor about any fears you may have at school.

For more information, look [here](#).

Stress

Stress is what you feel when you react to pressure, either from the outside world (school, work, after-school activities, family, friends) or from inside yourself (wanting to do well in school, wanting to fit in). Stress is a normal reaction for people of all ages. It's caused by your body's instinct to protect itself from emotional or physical pressure or, in extreme situations, from danger.

Things that help fight stress

- Eating well-balanced meals on a regular basis
- Drinking less caffeine

- Getting enough sleep
- Exercising on a regular basis

For more information, look [here](#).

Self-Esteem

Self-esteem can have a big part to play in how you feel about yourself and also how much you enjoy things or worry about things.

Of course it's OK to have ups and downs in your feelings, but having low self-esteem isn't OK. Feeling like you're not important can make you sad and can keep you from trying new things. It can keep you from making friends or affect how hard you try at school.

Boosting Your Self-Esteem:

- Make a list of your talents.
- Give yourself three compliments every day.
- Remember that you can be happy with who you are.
- When you hear negative comments in your head, tell yourself to stop.

For more information, look [here](#).

Depression

If you have been suffering from 5 or more of these symptoms most of the time during the last two weeks, then it is time to talk to your counselor.

- Feeling hopeless with nothing to look forward to.
- Not interested - nothing seems like fun.
- Feeling tired all the time.

- Crying and not knowing why.
- Feeling lonely - nobody cares about you.
- Staying away from other people.
- Feeling angry or anxious.
- Feeling empty inside.
- Sleeping all the time, or not being able to get to sleep.
- Getting many headaches or stomach aches.
- Not wanting to eat or wanting to eat all the time.
- Doing silly, dangerous things.
- Starting to try drugs, alcohol or anything else that you know is bad for your health.
- Thinking that life is not worth living and thinking about suicide.

For more information, look [here](#).

Conflict-Resolution

Conflict is more than just a disagreement. It is a situation in which one or both parties perceive a threat (whether or not the threat is real).

- Conflicts continue to fester when ignored. Because conflicts involve perceived threats to our well-being and survival, they stay with us until we face and resolve them. - We respond to conflicts based on our perceptions of the situation, not necessarily on an objective review of the facts. Our perceptions are influenced by our life experiences, culture, values, and beliefs. - Conflicts trigger strong emotions. If you are not comfortable with your emotions or able to manage them in times of stress, you won't be able to resolve conflict successfully. - Conflicts are an opportunity for growth. When you are able to resolve conflict in a relationship, it builds trust. You can feel secure knowing your relationship can survive challenges and disagreements.

5 Steps to resolve a conflict:

1. Verify that a conflict exists and prepare to discuss it
2. Identify the source of the conflict
3. Agree on the problem
4. Brainstorm possible solutions
5. Negotiate a solution

For more information, look [here](#).

Community Mental Health resources

For any Mental Health related service due to the stress of the COVID-19 issue our Nation is having please call the Department of Mental health at [1-800-854-7771](tel:1-800-854-7771). This is a number where anyone can be supported and guided in the right direction for managing stress, as we all know this is very overwhelming for most.

More Resources are as follows:

Alafia — (661) 940-9094, Serves Children 0-18, Medi-Cal required

Bartz-Altadonna Community Health Center — (661) 874-4050 43355
Gingham Avenue, Suite 104/105, Lancaster, CA 93535

Medical Care, Adult Mental Health, Family Planning, Parenting, Medication Assistance, HIV & STD Testing & Services

Child & Family Guidance Center — (661) 265-8627 40005
10th Street West, Suite 106 Palmdale, CA 93551

Outpatient Services for Children 0-18yrs with Emotional Problems, Child/Youth Crisis Response Services, 24hr Emergency Consultation, Intensive Home Services for Children/ Families www.childguidance.org

Children's Bureau Regional Office — (661) 949-0131 921 W.
Avenue J, Suite C, Lancaster, CA 93534

Children’s Center of the Antelope Valley — (661) 949-1206 Fern Ave., Lancaster, CA 93534 www.ccav.org	45111
DMH—A.V Kidz Connection— (661) 223-3800 East Palmdale Blvd. Suite-A, Palmdale, CA 93550 dmh.lacounty.gov	2323
Hathaway-Sycamores-(661) 942-5749 Sierra Highway Lancaster, CA 93534 www.hathaway-sycamores.org	44738
Kayla’s Place- (661)-949-3269 Ave I Lancaster, CA 93534- Trauma counseling services	1150 W.
Masada Homes — (661) 726-5500 Avenue K-4, Suite 104, Lancaster, CA 93535, Outpatient Services & Therapeutic Behavioral Services www.masadahomes.org	314 East
NAMI (National Alliance on Mental Illness) — (661) 341-8041 Lowtree Avenue Ste. 104, Lancaster, CA 93534 Programs, 10 Week Peer-to-Peer Course, Recovery Support groups. Spanish speaking courses available	44349 Education
Optimist Community Mental Health — (661) 575-8395 West Palmdale Blvd. Unit D, Palmdale, CA 93551 Services for children www.oyhfs.org	520 Therapy/Psychiatric
Pathways Community Services-(661) 341-3900 Lowtree Ave. Lancaster, CA 93534	44285
Penny Lane Antelope Valley — (661) 266-4783 Division St, Lancaster, CA 93534 Services, Family Preservation, Mentor Program, Residential Treatment, Transitional Housing, Wraparound www.pennylane.org	43520 Mental Health
Bikers Against Child Abuse (BACA) — (661) 428-4375 P.O. Box 1328, Rosamond, CA 93560 mission is to help children to not feel afraid of the world in which they live, by providing group support for the child during stressful times.	BACA’s

Change Lanes — (661) 948-2555 10th st. West Unit: 1D, Lancaster, CA 93534 management, parenting classes, substance abuse classes	43845 Anger
Daystar Mini-treats — (661) 547-4238 W. Kettering St., Lancaster, CA 93534 Programs, Drug and Alcohol Recovery, Pregnancy Program	716 Agriculture-Based
Grace Resources Center — (661) 940-5272 Sierra Highway, Lancaster, CA 93534 Clothing, Shelter, Parenting & Computer Classes, Assistance with Monitored Visits & Safe Exchange Graceresources.org	45134 Food,
Greater Valley Immigration Services — (661) 272-1424 East Palmdale Blvd., Palmdale, CA 93550 Students Deferred Action and Citizenship	1305 Immigration,
Independent Living Center of So. Cal. — (661) 942-9726 East Avenue K-4, Lancaster, CA 93535 persons with disabilities of all ages.	606 Serves
Regional Center — (661) 945-6761 Gingham Ave., Lancaster, CA, 93535 services for individuals with developmental disabilities.	43210 Offers
Torres Martinez Tribal TANF — (661) 466-1100 460 W. Palmdale Blvd., Palmdale, CA 93551 Provides assistance for Native American families www.TMTANF.org	
VIDA Program (LA Co. Sheriff's Dept) — (661) 949-6585 or (661) 265-8910 16 week program for at medium to high risk non-violent youth, www.vida.la	

FOOD Resources

Grace Resources Center — (661) 940-5272 Sierra Highway, Lancaster, CA 93534	45134
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We will be continuing to serve hot meals and distribute groceries but will be changing how food is served and groceries distributed to ensure the safety of clients, volunteers and staff. Times remain the same. Hot meals are Wednesday and Friday at 5:30pm and Sunday at 1:30pm. Groceries are distributed Tuesdays and Thursdays at

10:00am and 1:00pm and Spanish-speaking groceries at 10:00am on Wednesdays.

Graceresources.org

SOUTH ANTELOPE VALLEY EMERGENCY SERVICES (SAVES)

NOTICE – CHANGES TO HOURS AND SERVICES

SAVES is committed to continuing to serve our clients in a manner that is safe for both clients and staff during this outbreak of the coronavirus (COVID-19). For the foreseeable future, SAVES is changing its hours and the way food and goods are distributed to comply with Los Angeles County Public Health guidelines for social distancing.

AVISO - CAMBIOS EN HORAS Y SERVICIOS

SAVES se compromete a continuar sirviendo a nuestros clientes de manera segura tanto para los clientes como para el personal durante este brote del coronavirus (COVID-19). Por ahora, SAVES está cambiando sus horarios y la forma en que se distribuyen los alimentos para cumplir con los requerimientos de distanciamiento social de la oficina de Salud Pública del Condado de Los Ángeles.

In response to the nationwide coronavirus outbreak, SAVES will provide food:

- Monday through Thursday from 1 p.m. to 4 p.m.
- Clients Choice is suspended; prepacked food boxes will be provided.

SAVES will provide food services only. *All other services will be suspended until further notice.* You may call staff at 267-5191, Monday through Thursday, from 10 a.m. to 12 p.m. and 1 p.m. to 3 p.m. We are working to ensure a quick, easy and safe distribution process. Your patience during this shift in services is greatly appreciated. As always, the safety of your family is in your hands. We encourage you to continue to inspect and properly wash your food.

Together we will ensure our community remains safe and healthy.

Good health tips:

- Stay home if you feel ill.
- Wash your hands for 20 seconds with soap and hot water.
- Use hand sanitizer.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Limit close contact with people who are sick.
- Avoid shaking hands.
- Get a flu shot.

COVID-19 related resources (for learners and caregivers; kid friendly)

https://www.youtube.com/watch?v=kiVpWZBXLug&t=22s&utm_source=Counselor+Keri%27s+Newsletter&utm_campaign=816e35d49a-EMAIL_CAMPAIGN_2020_03_16_06_52&utm_medium=email&utm_term=0_91899b3296-816e35d49a-90048479&mc_cid=816e35d49a&mc_eid=26c40e1917

https://drive.google.com/file/d/1sjJxYM3aPbUiyzYyRdCRWOkadSzdmS48/view?mc_cid=816e35d49a&mc_eid=26c40e1917

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

Programs currently offering services for youth via phone/text/virtually

- **Antelope Valley Partners for Health- Youth Services Department**

Mentorship program for youth ages 6-17 years old. Currently accepting referrals!

- Individualized Support
- Life Skills Workshops
- Creative Workshops
- Academic Support
- One-on-Mentoring
- Community Involvement
- Linkage to Services

- **Friends of the Children-Los Angeles.**

We are a mentorship program for children and are excited to be expanding to the Antelope Valley. Our program serves youth between the ages of 4 – 6 years old. Currently accepting referrals!

Please contact Shaana Scott: shaana.scott@ileadlancaster.org or via text/phone at 661-724-6201 or Tina Tharp at tina.tharp@ileadlancaster.org

Talking to children about COVID-19 NASP

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02292020_NASP_NASN_COVID-19_parent_handout.pdf

SEL resources for COVID-19

<https://insidesel.com/2020/03/12/covid-19/>