



Aldersgate Youth Services "COVID-19 Weekly Tips & Activities" assists & supports parents, health care providers, employers & religious leaders who work with and care about children, teens, young adults and their families at this challenging time.

## Weekly Update Parent Tip Sheet

### May is Mental Health Month

The Covid-19 crisis has caused increased anxiety and stress for adults and children. While adults are sometimes better equipped to manage their anxiety, they are finding it difficult to help their children manage theirs. Anxiety in children may look different. Children may have sleep difficulties, behavioral issues, difficulty focusing on their schoolwork, and identifying and managing emotions.



How can we help our children, and give them the skills to manage their worry? A simple grounding exercise is easy for children to learn, and parents can practice with them.

### Grounding Technique for Relaxation

- 5: Look for **FIVE** things you see. It could be 5 blue things, items in your room, outside your window, etc.
- 4: Look for **FOUR** things you can touch
- 3: Look for **THREE** things you hear.
- 2: Look for **TWO** things you can smell.
- 1: Look for **ONE** thing you can taste.

When you are worried or anxious, you may find it difficult to calm down. This counting down Grounding Technique helps you use your mind to focus on your environment which calms your worry. The next time you are feeling anxious, try these tips to take control of your feelings and settle down.

Aldersgate is available for telehealth individual therapy and family counseling sessions. Please contact Aldersgate at 215-657-4545 or [info@aldersgateservices.org](mailto:info@aldersgateservices.org) to schedule.

Aldersgate You Tube Channel

Also, please visit Aldersgate's YouTube Channel for related videos on mindfulness; link above.

## Important Resources

MAY is Mental Health Month

Mental Health America (MHA) is offering a free on-line tool kit this month. The featured tools are designed to improve mental health and general wellness. The tools focus on:

- Owning Your Feelings
- Finding the Positive
- Eliminating Toxic Influences
- Creating Healthy Routines
- Supporting Others
- Connecting with Others



Download the 2020 Mental Health Month toolkit at <https://www.mhanational.org/2020> to maintain your general wellness this month.

Other resources:

NAMI National Association on Mental Illness [www.nami.org](http://www.nami.org)

Access Crisis: 1-855-634-HOPE (4673)

SAMHSA: [www.samhsa.gov](http://www.samhsa.gov)

Veterans Crisis Line: 1-800-273-8255

Suicide Prevention Hotline: 1-800-273-8255

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## Aldersgate Welcomes Your Thoughts & Feedback

Survey

## We Create Success Stories



### Who We Are & What We Do

Aldersgate is a non-profit human services agency located in Willow Grove, PA. We offer counseling and other emotional, behavioral health supports and drug and alcohol prevention/intervention services. Social and emotional learning programs are also provided at the agency, in area schools and in the community.

Aldersgate is currently providing telehealth support services for adults and for children, teens, and their families.

Aldersgate provides support services to students in Abington, Bishop McDevitt, Cheltenham, Jenkintown, Lower Moreland, Springfield Township, Upper Moreland, and Wissahickon School Districts.

Contact us for more resources:

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