



HELPING YOUR CHILD BUILD A TOOLBOX OF SAFE, EFFECTIVE COPING SKILLS

COPING SKILL 1: *STAY PHYSICALLY ACTIVE*

Staying active is one of the most effective ways to stay mentally healthy and to cope with worry, sadness, and isolation. During this uncertain time, physical activity is especially important for all children and teens, but making it possible may require creativity right now. Help your child brainstorm ways to stay active that work for your family setting. Some ideas might include:

- Going outside for a walk, jog, or bike ride
- Trying an online fitness workout or workout with a friend over the phone
 - Playing hopscotch
- 30 minutes of family fitness (jumping jacks, push-ups, sit-ups)
 - Dancing to a favorite playlist
 - Walking up and down staircases

If your family is not used to being physically active or if you have health conditions that make it difficult, this coping skill may feel hard. It's okay if you can do only a little bit.

Setting and tracking goals for physical activity can help, and achieving even small goals can be empowering.

Also, try to notice if your own feelings of worry, hopelessness, or despair feel a little bit better during or after physical activity, and help your child notice, too.

MORE RESOURCES FOR STAYING PHYSICALLY ACTIVE:

- [Short video](#) about the mental health benefits of physical activity
- [TRAILS](#) Physical Activity Materials: worksheets, handouts, videos, and more
- [GoNoodle](#): Movement and mindfulness videos created by child development experts.
- [American Heart Association- NFL Play 360](#): Quick videos, featuring NFL players
- [KidsHealth](#): Easy Exercises for Teens
- [30-Minute Hip Hop Fit Workout](#)

HTSD & COMMUNITY RESOURCES

- [HTSD MENTAL HEALTH WEBSITE](#)
- HAMILTON CARES (609) 476-6138
- NJ MENTAL HEALTH CARES:
1-866-202-HELP
- ATLANTICARE BEHAVIORAL HEALTH
(609) 646-9159
- [ATLANTIC COUNTY MENTAL HEALTH ASSOCIATION](#)