

## Change to Chill Virtual Care Package

A lot has changed since schools have closed or moved to online classes to mitigate the spread of coronavirus (COVID-19). Students are home, teachers are planning or instructing from afar, and guardians are managing work changes and shifting schedules. These circumstances and changing routines are bringing extra stress on youth and adults alike. That's why the Allina Health Change to Chill team is sending our partners a virtual care package! This is your guide to slowing down and de-stressing as a student, class or family.

### Good Practices:

Chilling doesn't happen overnight – it takes practice. There are many different techniques to help prevent and reduce stress – and one size does not fit all. Try some of our different practices whether you've got one minute or one hour.

- Breathing Exercise
  - [Just Breathe](#) meditation
  - [Get Focused](#) meditation
- Guided Imagery
  - [Guided Imagery](#) easy guide
  - [Calm Practice](#) worksheet
    - [Calm Practice](#) guided imagery script
- Mindful Movement
  - Self-guided [Mindful Walking](#)

### Contemplative Worksheets:

Worksheets don't have to mean work! Try one of our coloring sheets to clear your head or a mindfulness worksheet to for guided contemplation practice.

- [Coloring sheets](#)
- Mindfulness
  - [Three Good Things](#)
    - Take time to write down three good things happening every day for two weeks to see what you notice.
  - [Gratitude Worksheet](#)
    - Distracted by stress? Slow down to contemplate the things you're thankful and see the difference it makes.
  - [Sleep Tracker](#)
    - Many things are out of our control. Learn about your sleep habits by trying this tracker and see what changes you may want to make start feeling even better.
  - [Create the State You Want](#)
    - What's stressing you? Take it out and reimagine it.

## Videos

- We've got a great collection of videos to help guide you through different activities. [All videos](#)

## Additional Resources:

- For more information on managing stress and anxiety during COVID-19 visit the [Centers for Disease Control and Prevention](#)