**Resources from Virtual Session for Latinx Teens:**

* **Change to Chill Resources in Spanish:**
  + [El lenguaje importa – Reducir el stigma (Language Matters Handout)](https://www.changetochill.org/wp-content/uploads/2020/11/Language-Matters-SPANISH-v2.pdf)
  + [La rueda de las emociones (Feelings Wheel)](https://www.changetochill.org/wp-content/uploads/2020/11/Feelings-Wheel-Draft-SPANISH-v2.pdf)
  + [Te sientes ansioso(a)? (Feeling Anxious Handout)](https://www.changetochill.org/wp-content/uploads/2020/11/Feeling-Anxious-SPANISH-v2.pdf)
  + [Creando un sistema de apoyo en el duelo (Creating a Grief Support System)](https://www.changetochill.org/wp-content/uploads/2020/11/Creating-a-Grief-Support-System-SPANISH-v2.pdf)
  + [ESTRÉS: ¿Qué lo provoca? (Stress: What Brings it On Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/197193-AH-Stress-What-Brings-it-on-Worksheet_V2-SPANISH.pdf)
  + [Practica la calma (Calm Practice Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Calm-Practice-Worksheet-Kaila-Formatted-1-SPANISHv2.pdf)
  + [Change to Chill para deportistas (Change to Chill for Athletes)](https://www.changetochill.org/wp-content/uploads/2020/11/Change-to-Chill-for-Athletes-SPANISHv2.pdf)
  + [Crea la situación que quieras (Create the State You Want Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Create-the-State-You-Want-worksheetSPANISH-v2.pdf)
  + [Consejos para dormir major (Better Sleep Tips Handout)](https://www.changetochill.org/wp-content/uploads/2020/11/Better-Sleep-Tips-flier-SPANISHv2.pdf)
  + [Visualizacion – Ejercita tu imaginacion con la visualizacion (Guided Imagery Step By Step)](https://www.changetochill.org/wp-content/uploads/2020/11/Guided_Imagery_Step-by-Step-SPANISHv2a.pdf)
  + [Comer de forma consciente (Mindful Eating Infographic)](https://www.changetochill.org/wp-content/uploads/2020/11/Mindful-Eating-infographic-SPANISHv2.pdf)
  + [Caminar Consciente (Mindful Walking Infographic)](https://www.changetochill.org/wp-content/uploads/2020/11/Mindful-walking-graphic-SPANISHv2.pdf)
  + [Plan de seguridad personal (Personal Safety Plan)](https://www.changetochill.org/wp-content/uploads/2020/11/Personal-Safety-Plan-SPANISHv2.pdf)
  + [Reflexionando sobre los estados pasados, presentes y futuros (Reflecting on Past, Current and Future States Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Reflecting-on-past-current-future-states-SPANISH-v2.pdf)
  + [Actividad de visualización auto dirigida (Self-Guided Imagery Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Self-Guided_Imagery_worksheet-SPANISHv2.pdf)
  + [Compartiendo tu historia (Sharing Your Story Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Sharing-Your-Story-SPANISHv2.pdf)
  + [Como monitorear el tiempo que dermes (Sleep Tracker Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Sleep-Tracker_editableSPANISHv2.pdf)
  + [Salte de la caja (Stepping Outside the Box Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/SteppingOutsideTheBoxWorksheet-SPANISHv2.pdf)
  + [Prevención del suicidio, concientización y recursos de apoyo (Suicide Prevention Resources)](https://www.changetochill.org/wp-content/uploads/2020/11/Suicide-Prevention-ResourcesSPANISHv2.pdf)
  + [Guía para adolescentes sobre el duelo (aflicción, pena) (Teen Guide to Grieving Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Teen-Guide-to-Grieving-SPANISHv2.pdf)
  + [Grafica de valores (Values Circle Worksheet)](https://www.changetochill.org/wp-content/uploads/2020/11/Values-Circle-worksheetSPANISHv2.pdf)
  + [¿Qué te estresa? (What is stressing you out Handout)](https://www.changetochill.org/wp-content/uploads/2020/11/What-is-stressing-you-outSPANISHv2.pdf)
* [Change to Chill:](https://www.changetochill.org/)
  + [Change to Chill + Hennepin County CARES](https://www.changetochill.org/hennepincounty/)
  + [Stress Factor Quiz for Teens](https://www.changetochill.org/stress-factor-quiz/)
  + [Living with Grief & Loss](https://www.changetochill.org/how-can-i/living-with-grief-loss/)
  + [Suicide Prevention, Awareness & Support](https://www.changetochill.org/about/suicide-prevention/)
  + [Chill Breaks](https://www.changetochill.org/chill-breaks/)
  + [Virtual Chill Zone](https://www.changetochill.org/activities-tools/virtual-chill-zone/)
  + [Mindfulness](https://www.changetochill.org/mindfulness-for-teens/)
  + [Videos](https://www.changetochill.org/video/)
  + [Activities & Tools (Handouts)](https://www.changetochill.org/activities-tools/)
* **Videos:**
  + [Fight, Flight or Freeze Mode](https://youtu.be/i3agHc02aPo)
  + [Neuron Connections](https://youtu.be/rvWInUO9Vqo)
* **Distancing Resources:**
  + [Khan Academy](https://www.khanacademy.org/khan-for-educators/resources/parents-mentors-1/khan-academy-accounts/a/seven-tips-for-setting-up-a-productive-learning-space-at-home)
  + [Minnesota Department of Health – Staying Connected](https://www.health.state.mn.us/communities/mentalhealth/support.html)
  + [Remember the Milk App](https://www.rememberthemilk.com/)
  + [Toggl](https://toggl.com/)
  + [Evernote](https://evernote.com/)
  + [Netflix Party](https://www.netflixparty.com/)
  + [COVID-19 Resources for Parents and Teens](https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx)
* **Coping with Change:**
  + [River Ridge Free Online Support Group – Coping with COVID](https://www.riverridgemn.com/wp-content/uploads/2020/07/Coping-with-COVID-Online-Support-Group-website-info.pdf)
  + [Coping with Change Video](https://youtu.be/_Vve9N0xwUI)
* **Sources:**
  + <https://www.webmd.com/a-to-z-guides/what-is-cortisol#1>
  + <https://www.healthline.com/health/stress-on-face#effects>
  + <https://i.dailymail.co.uk/i/pix/scaled/2014/11/07/1415346785492_wps_17_stress_updated_PREVIEW_jp.jpg>
* **Safety/Crisis Lines:**
  + Crisis Text Line: Text “MN” to 741741
  + Hennepin County:
    - Adults (18+, 24 hours a day): (612) 596-1223
    - Children (17 and younger, 24 hours a day): (612) 348-2233