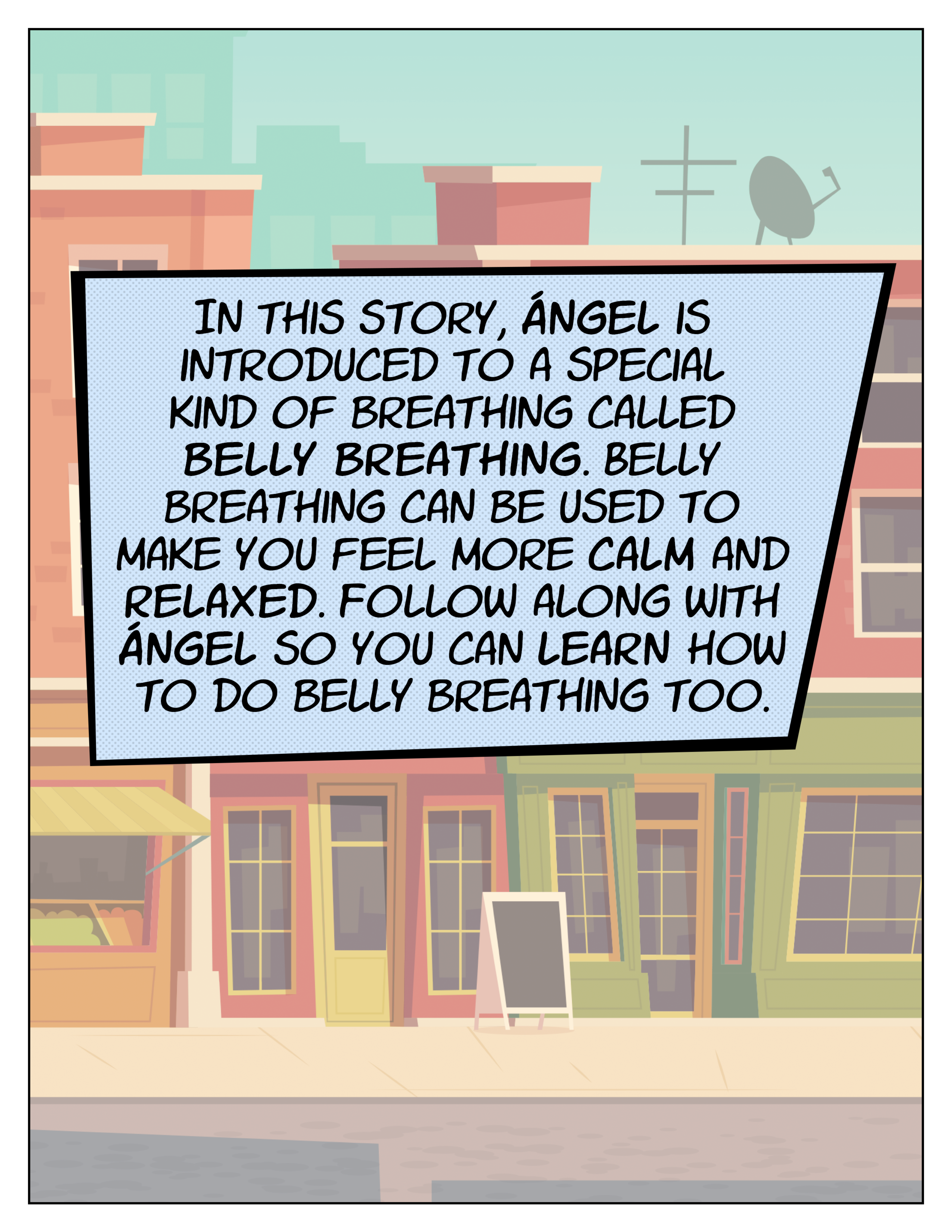


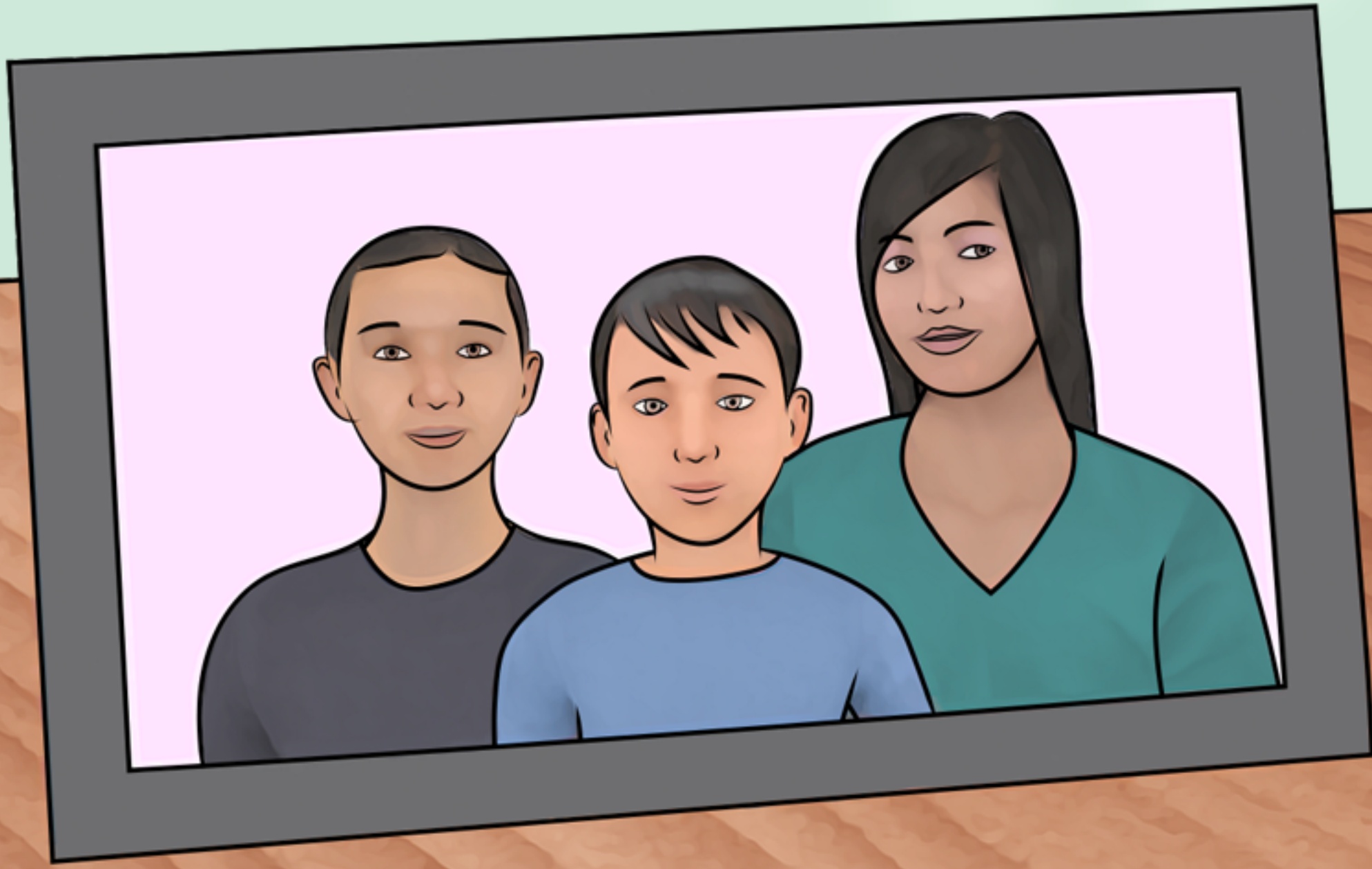
BELLY BREATHING





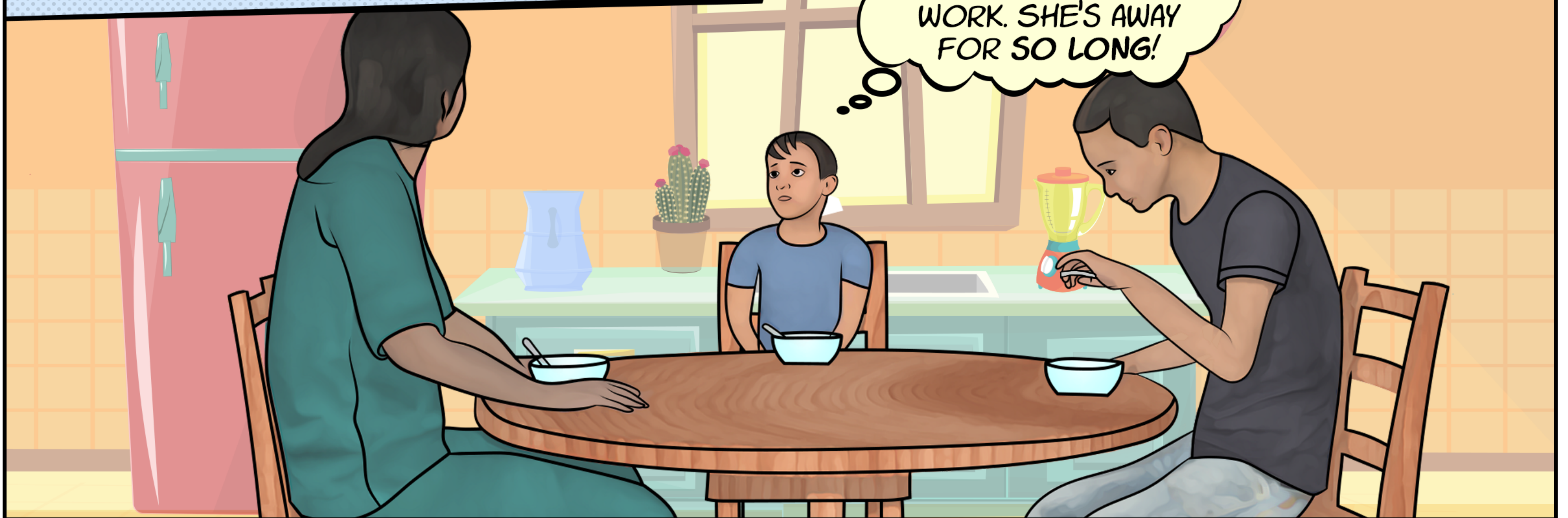
IN THIS STORY, ÁNGEL IS INTRODUCED TO A SPECIAL KIND OF BREATHING CALLED BELLY BREATHING. BELLY BREATHING CAN BE USED TO MAKE YOU FEEL MORE CALM AND RELAXED. FOLLOW ALONG WITH ÁNGEL SO YOU CAN LEARN HOW TO DO BELLY BREATHING TOO.

ÁNGEL LIVES WITH THEIR MOM AND OLDER SIBLING, ALEX.



ON MOST MORNINGS, LIKE TODAY, ÁNGEL'S MOM WAKES THE KIDS UP EARLY SO THEY CAN HAVE BREAKFAST TOGETHER BEFORE SHE LEAVES FOR A LONG DAY AT WORK.

ÁNGEL ALWAYS FEELS SAD IN THE MORNING BECAUSE ÁNGEL REALLY MISSES MOM WHILE SHE'S AT WORK.



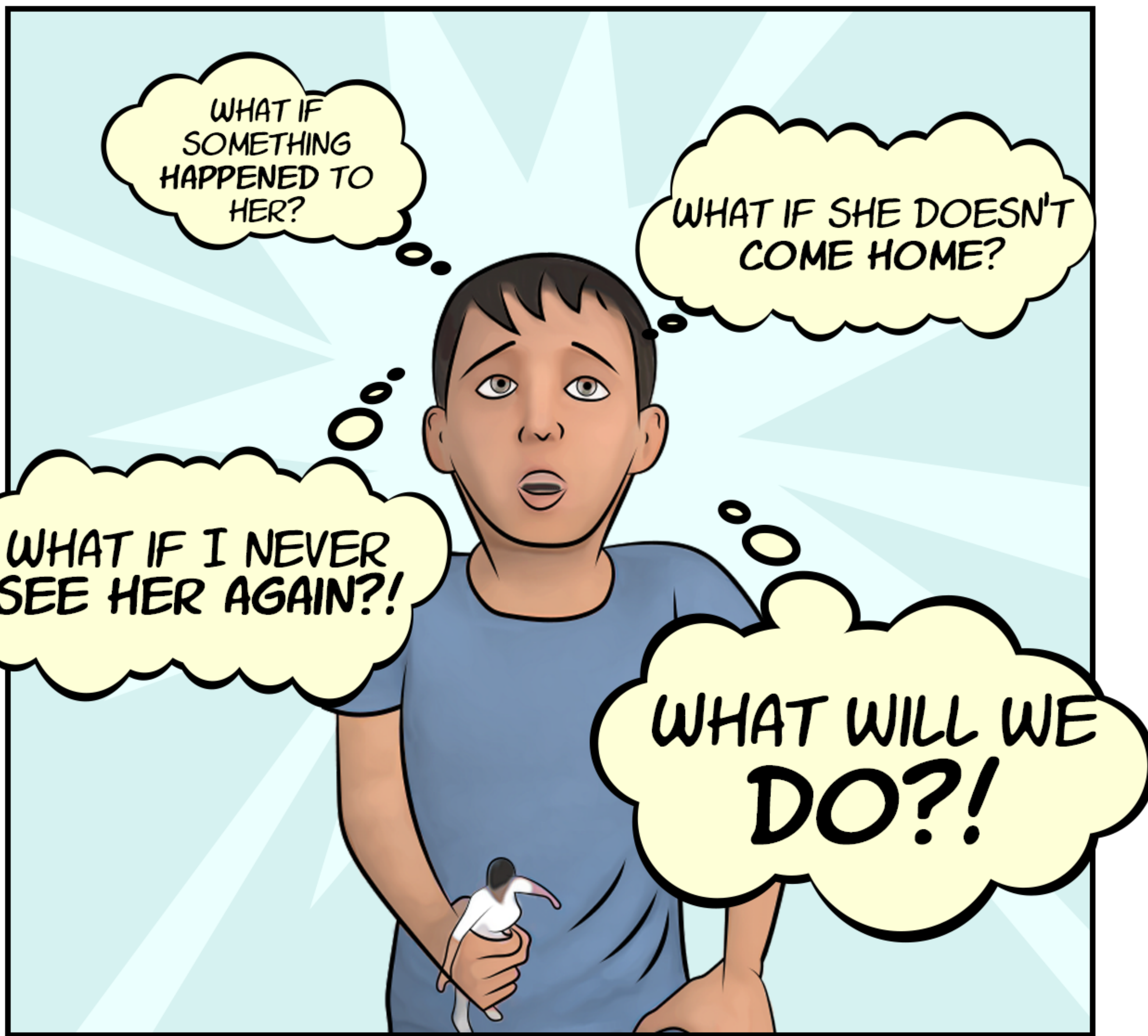
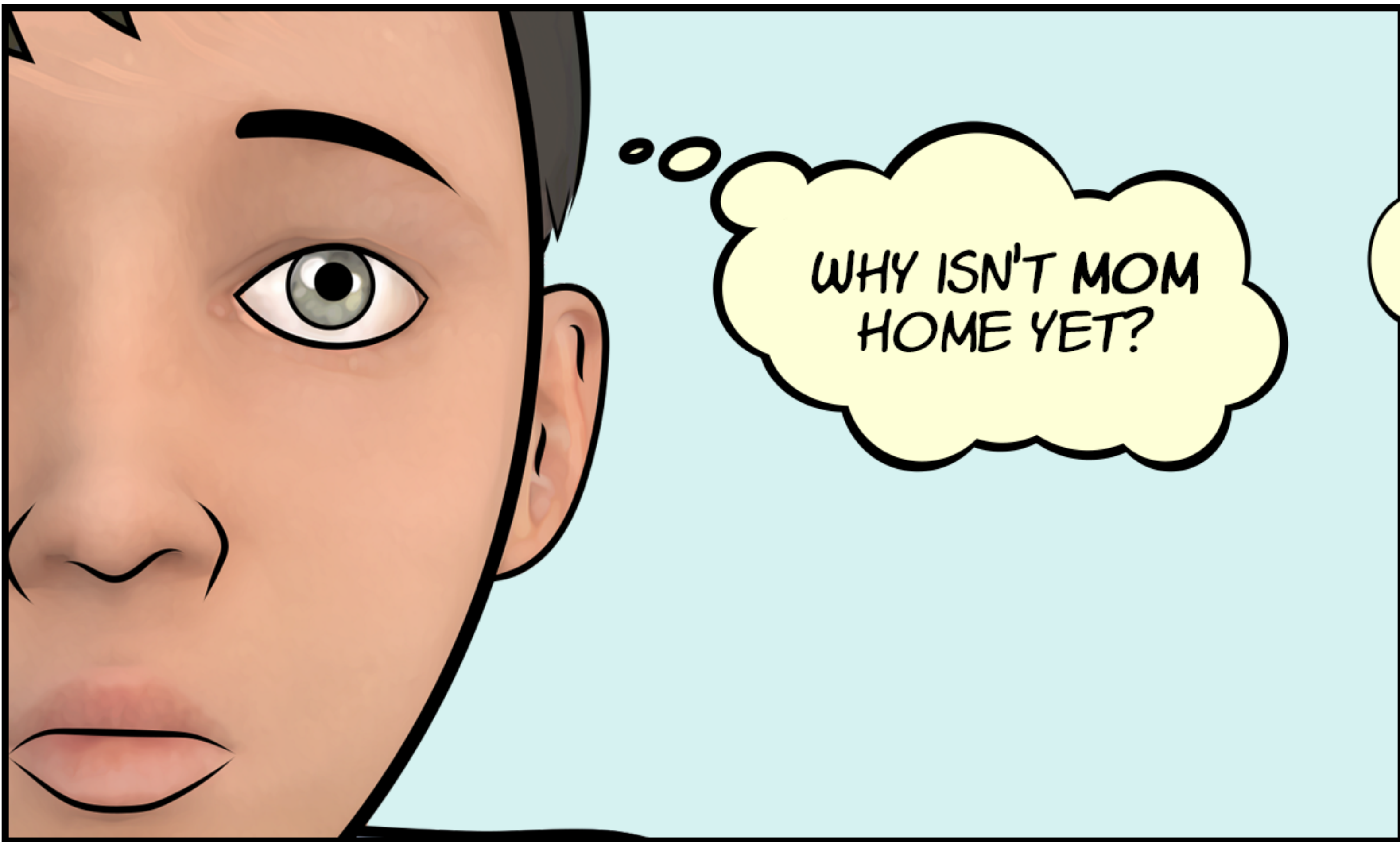
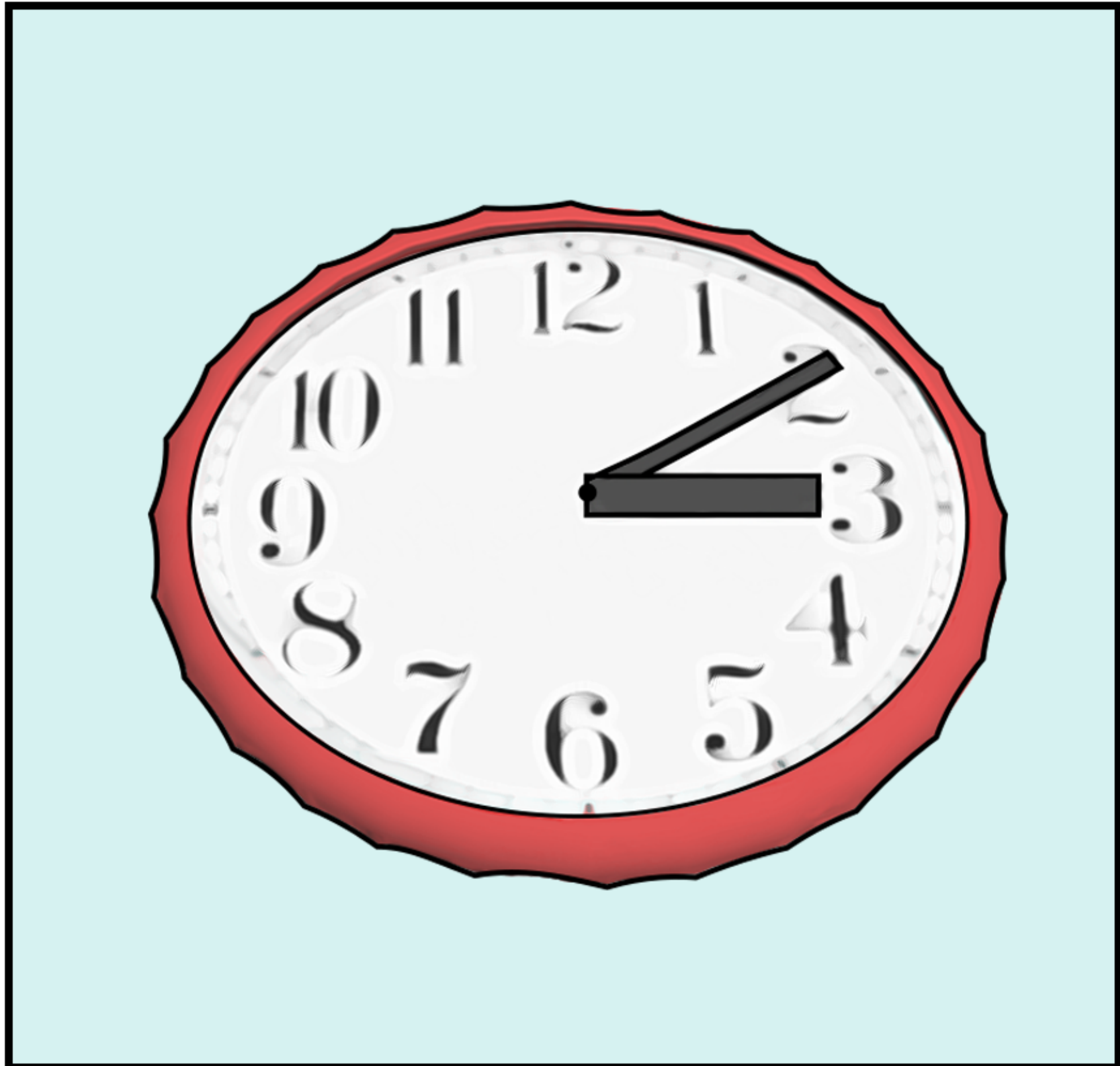
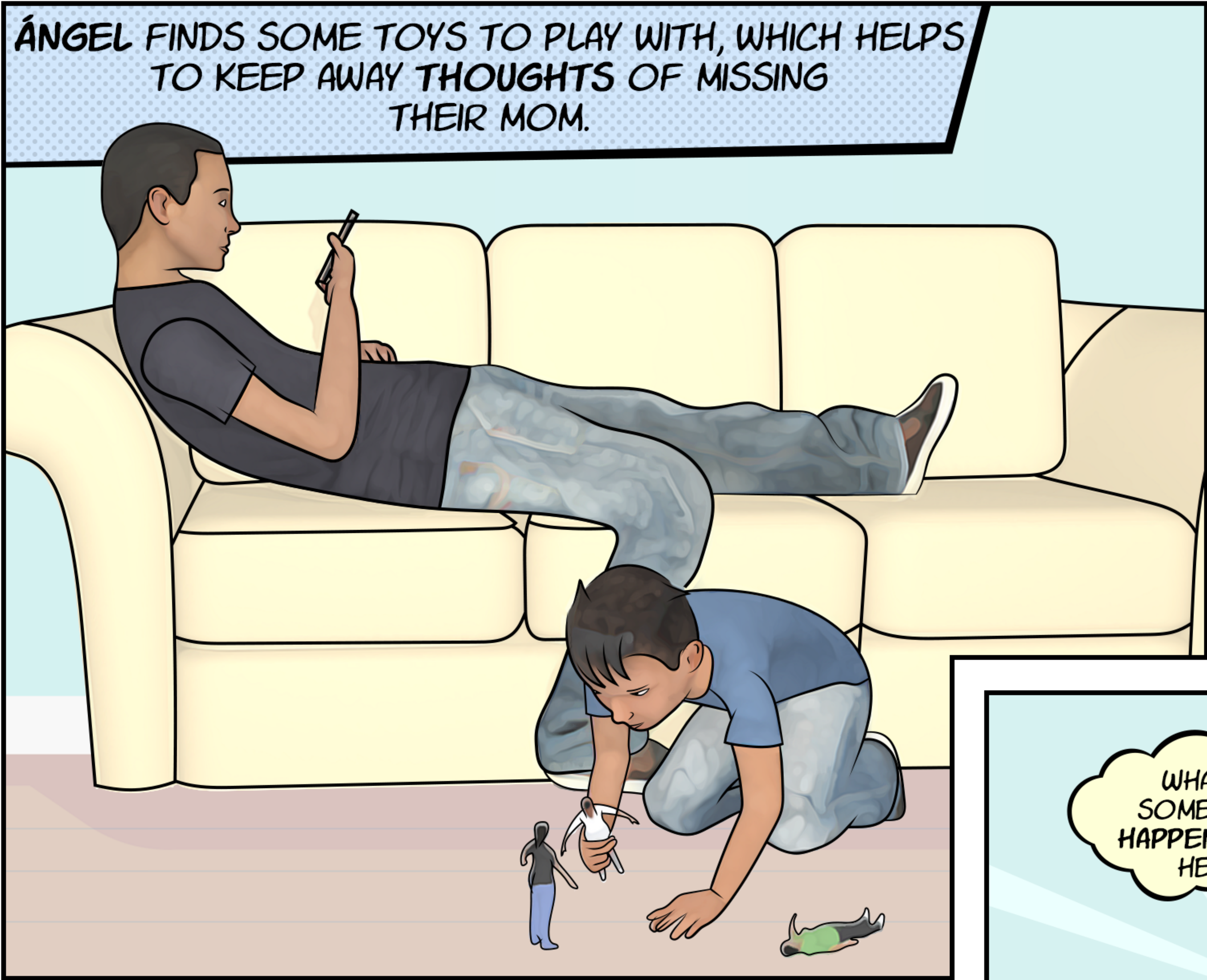
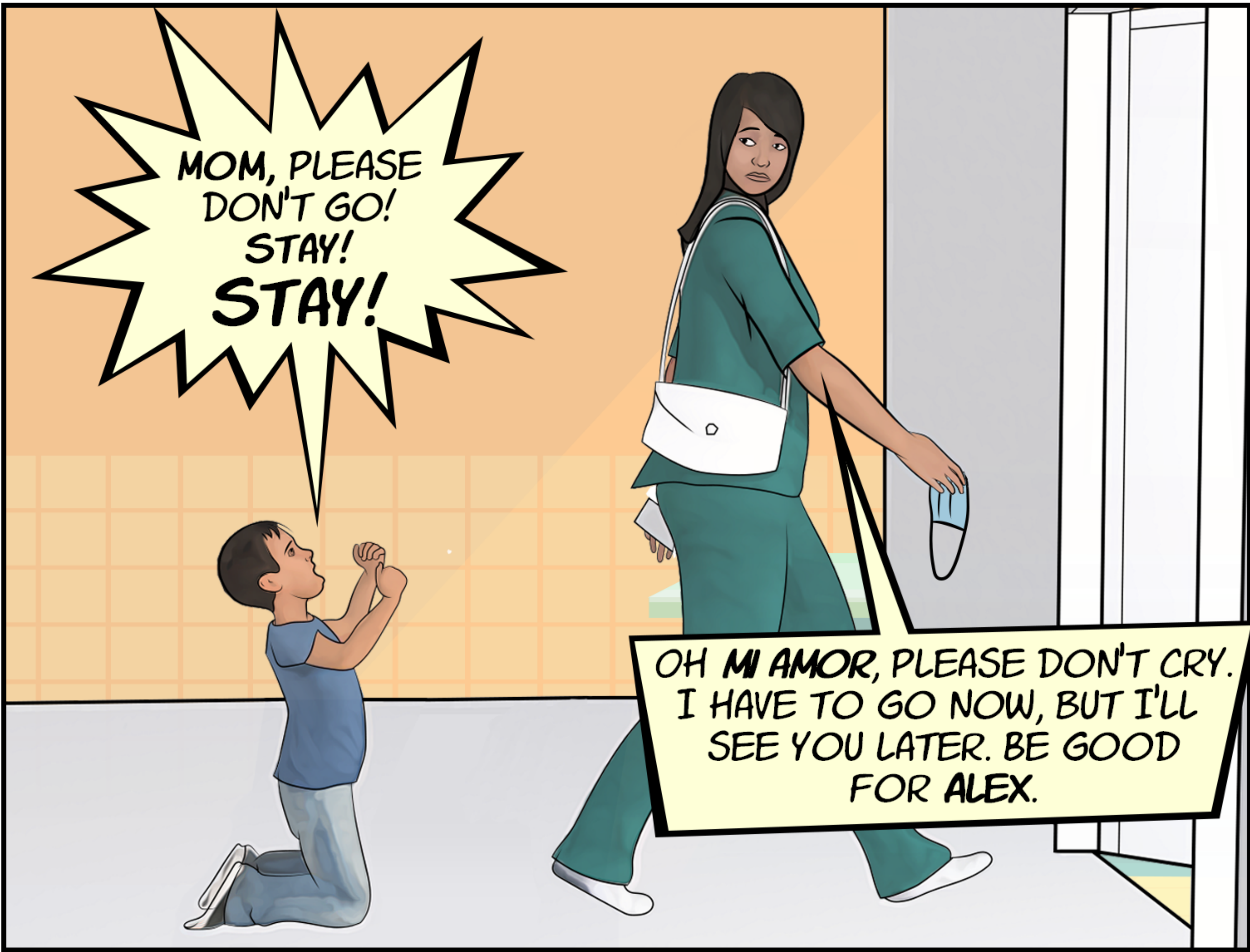
I DON'T LIKE WHEN MOM GOES TO WORK. SHE'S AWAY FOR SO LONG!

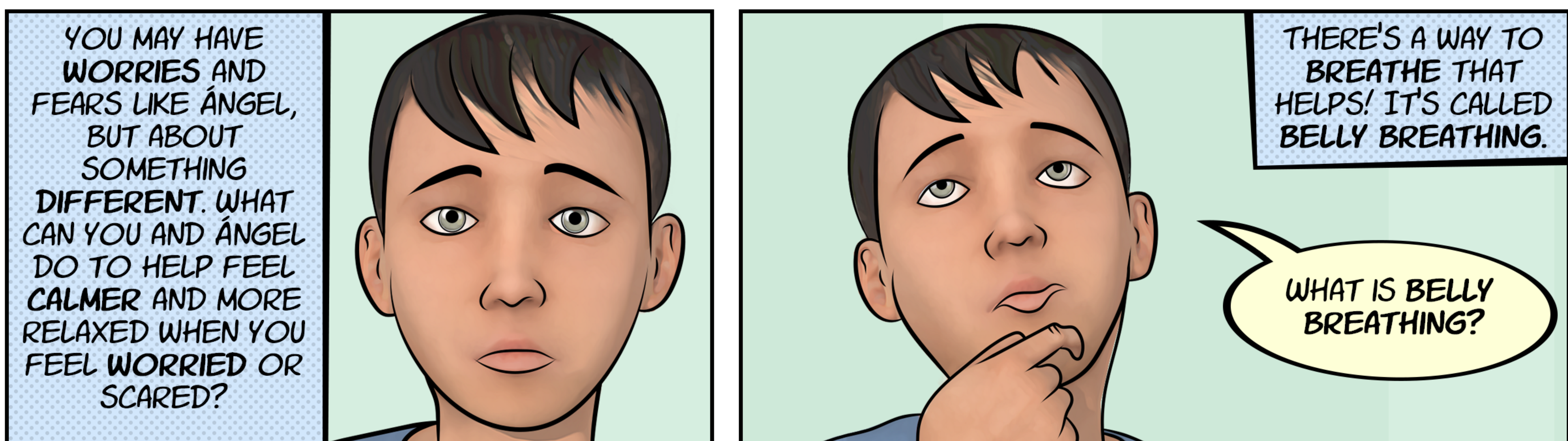
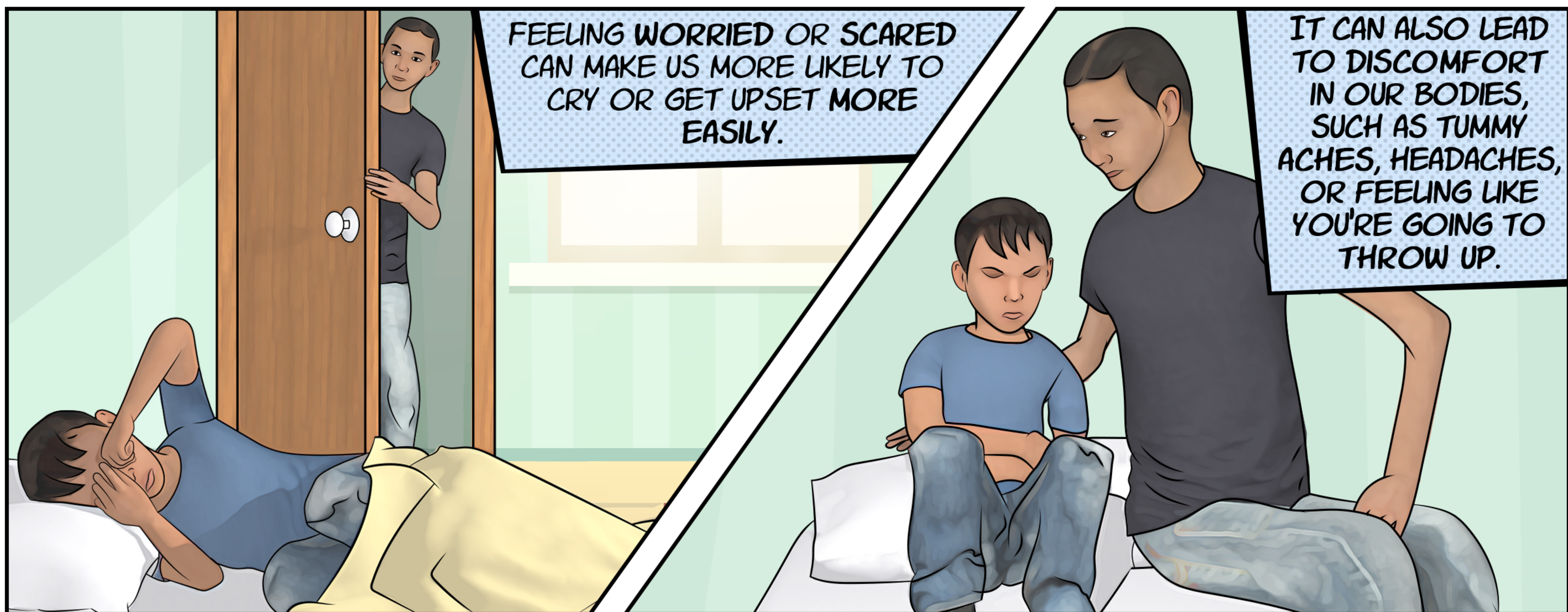
AW, MOM, COULDN'T YOU STAY WITH US TODAY?

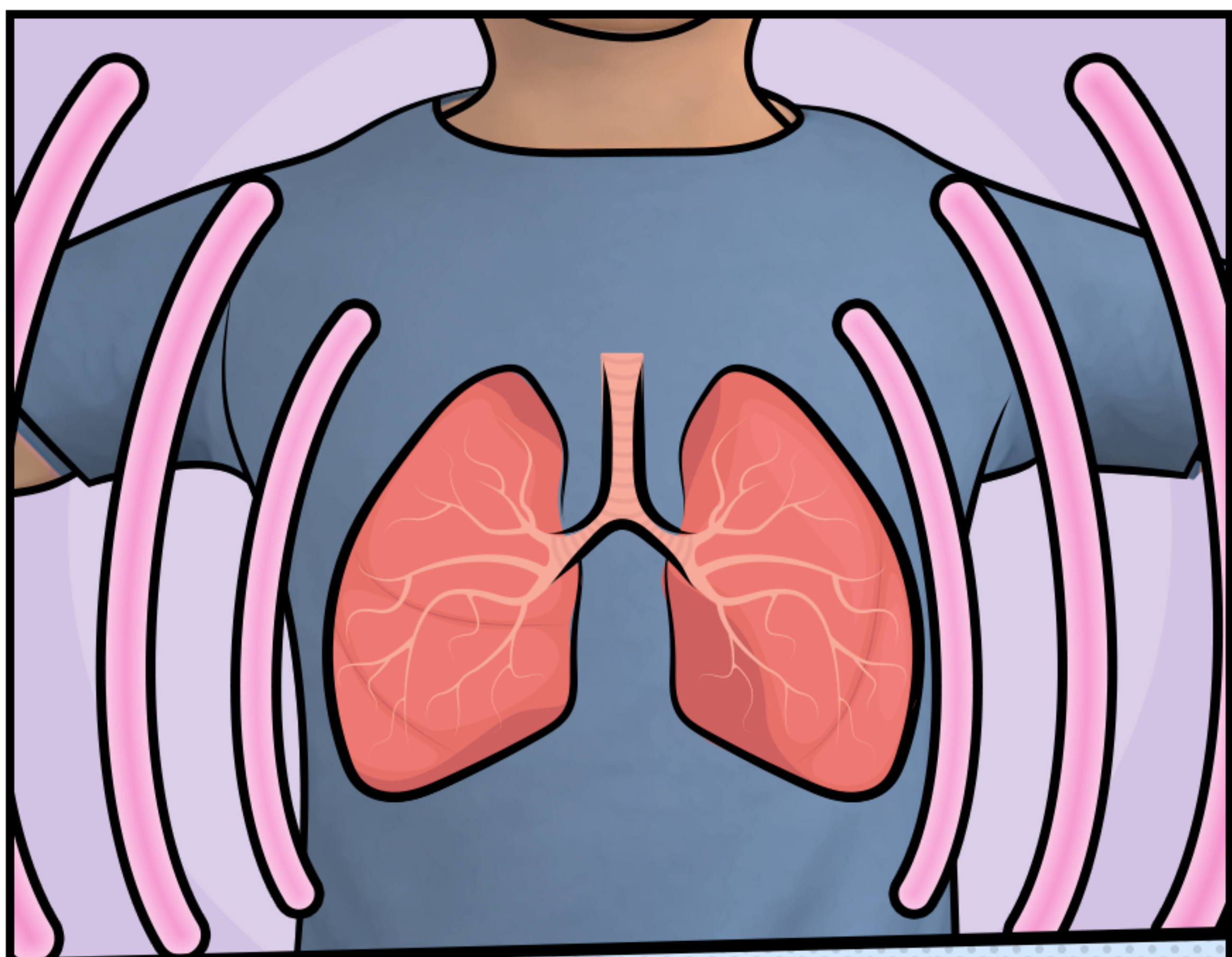
MOM, I'M AFRAID YOU'LL GET SICK AT THE HOSPITAL AND WON'T COME BACK.

I'M SORRY MY SWEET ÁNGEL, NOT TODAY.

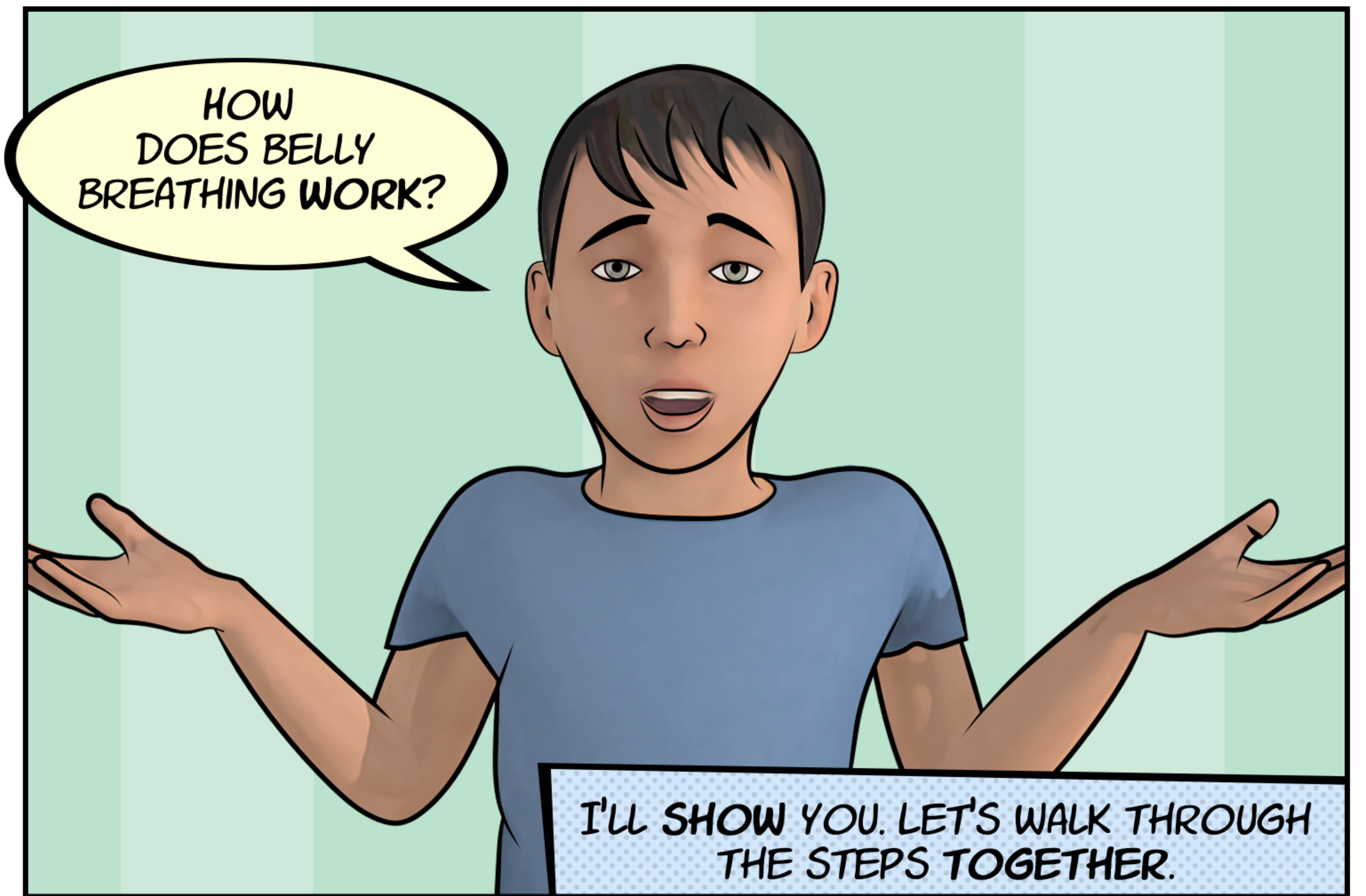
I KNOW THIS IS HARD, BUT I'LL BE BACK AT THREE.



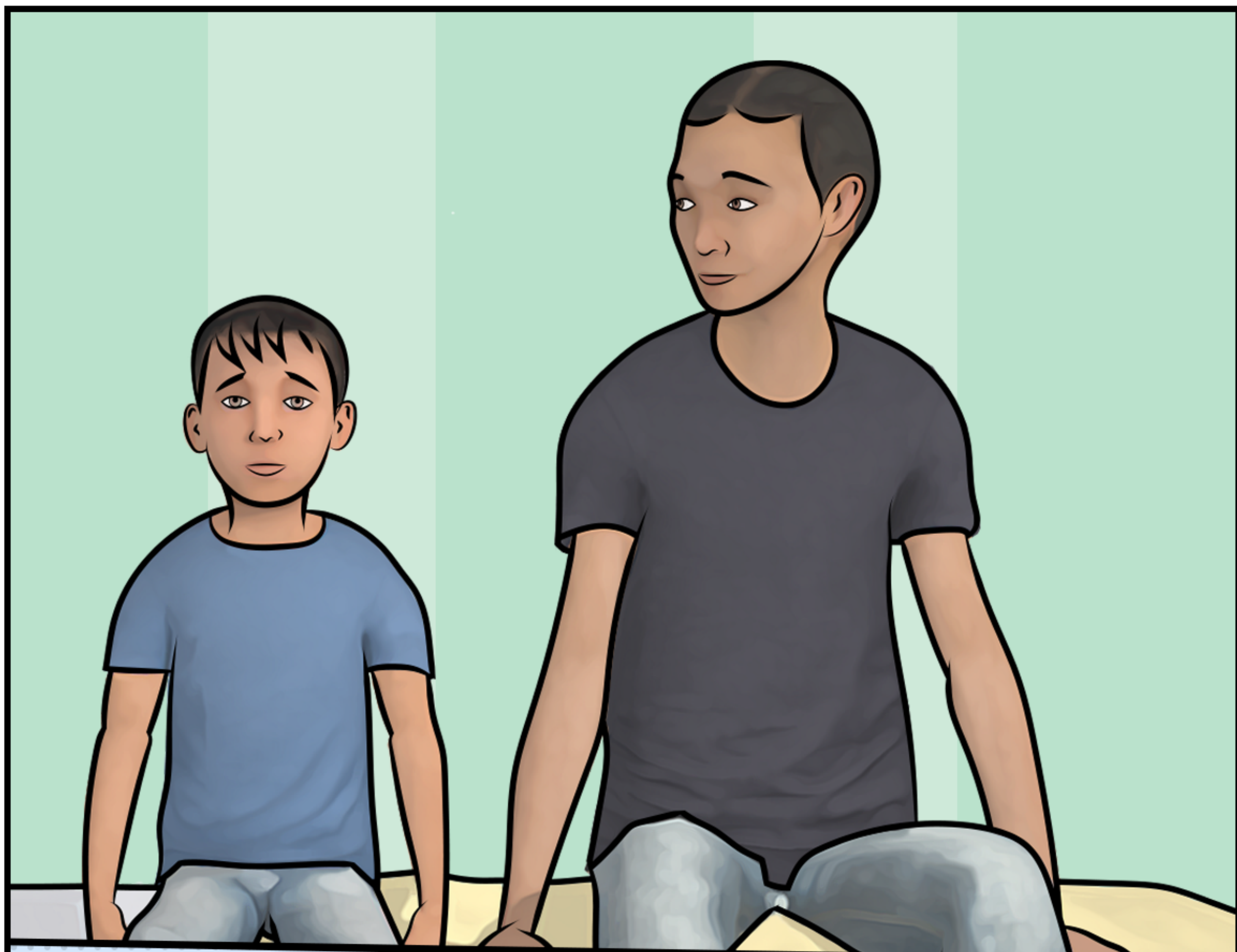




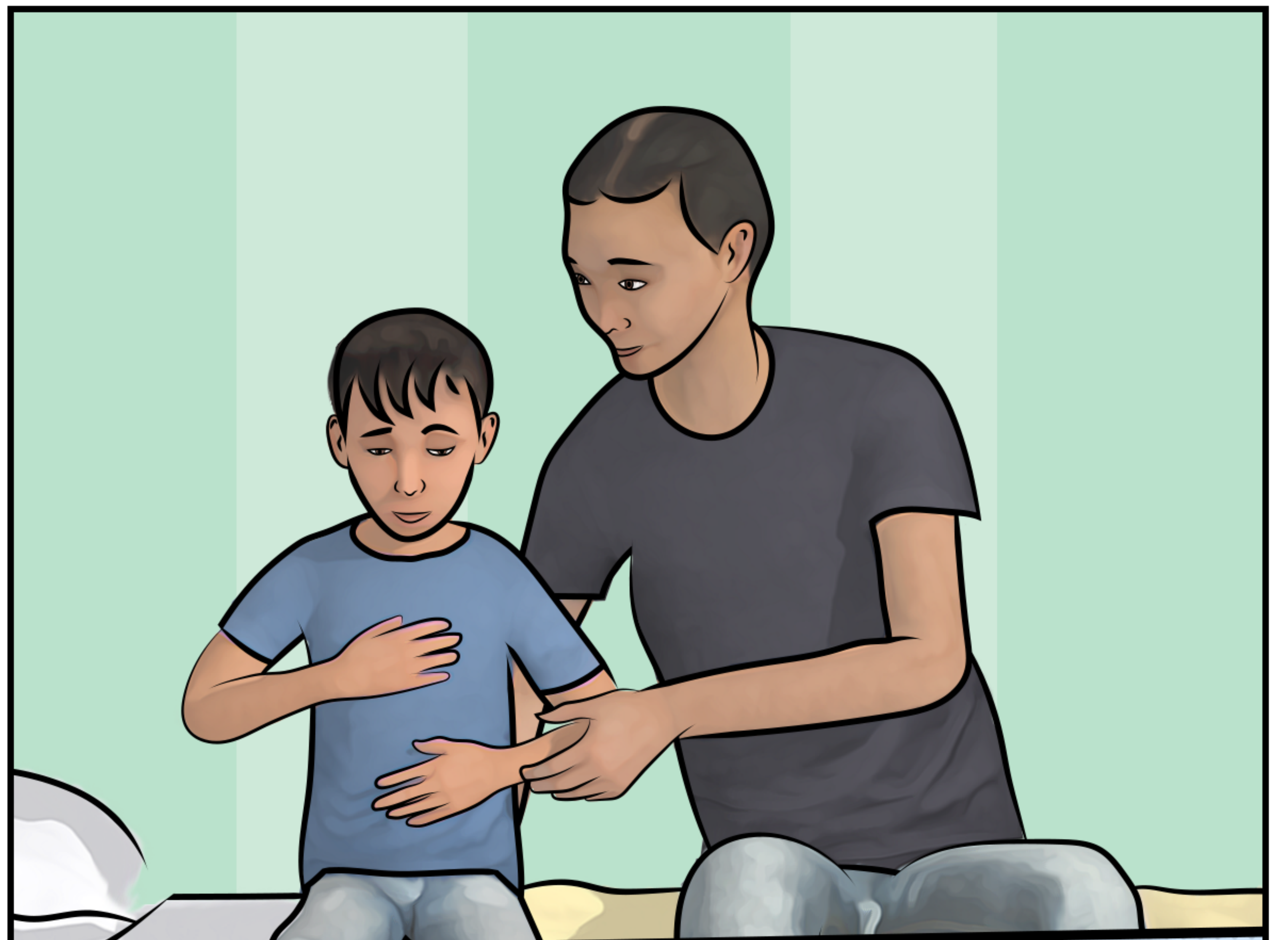
BELLY BREATHING HELPS EXPAND YOUR LUNGS SO YOU BREATHE SLOWLY AND DEEPLY. THAT SIGNALS YOUR BODY TO RELAX. BELLY BREATHING CAN BE HELPFUL WHEN YOU START TO FEEL UPSET.



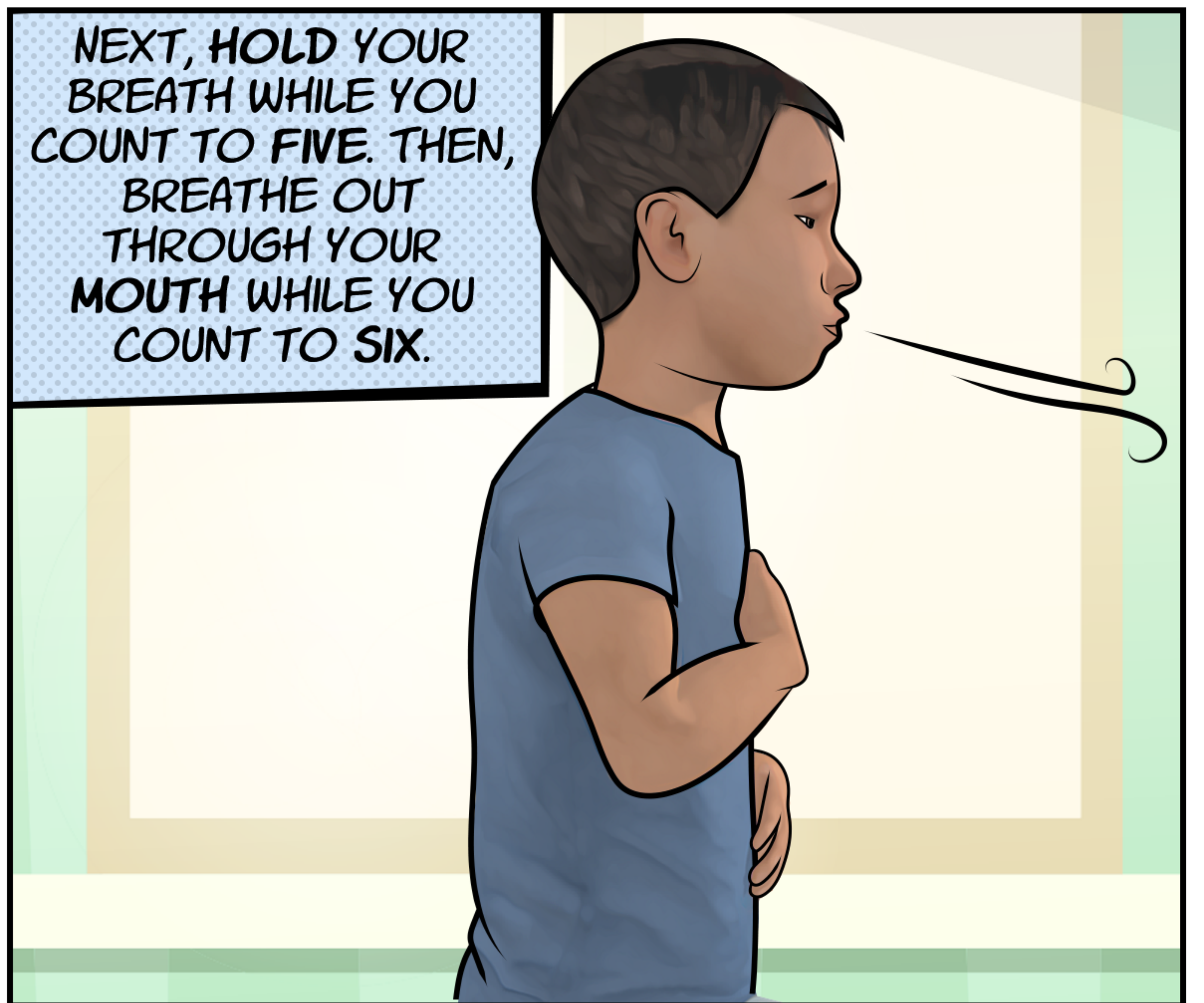
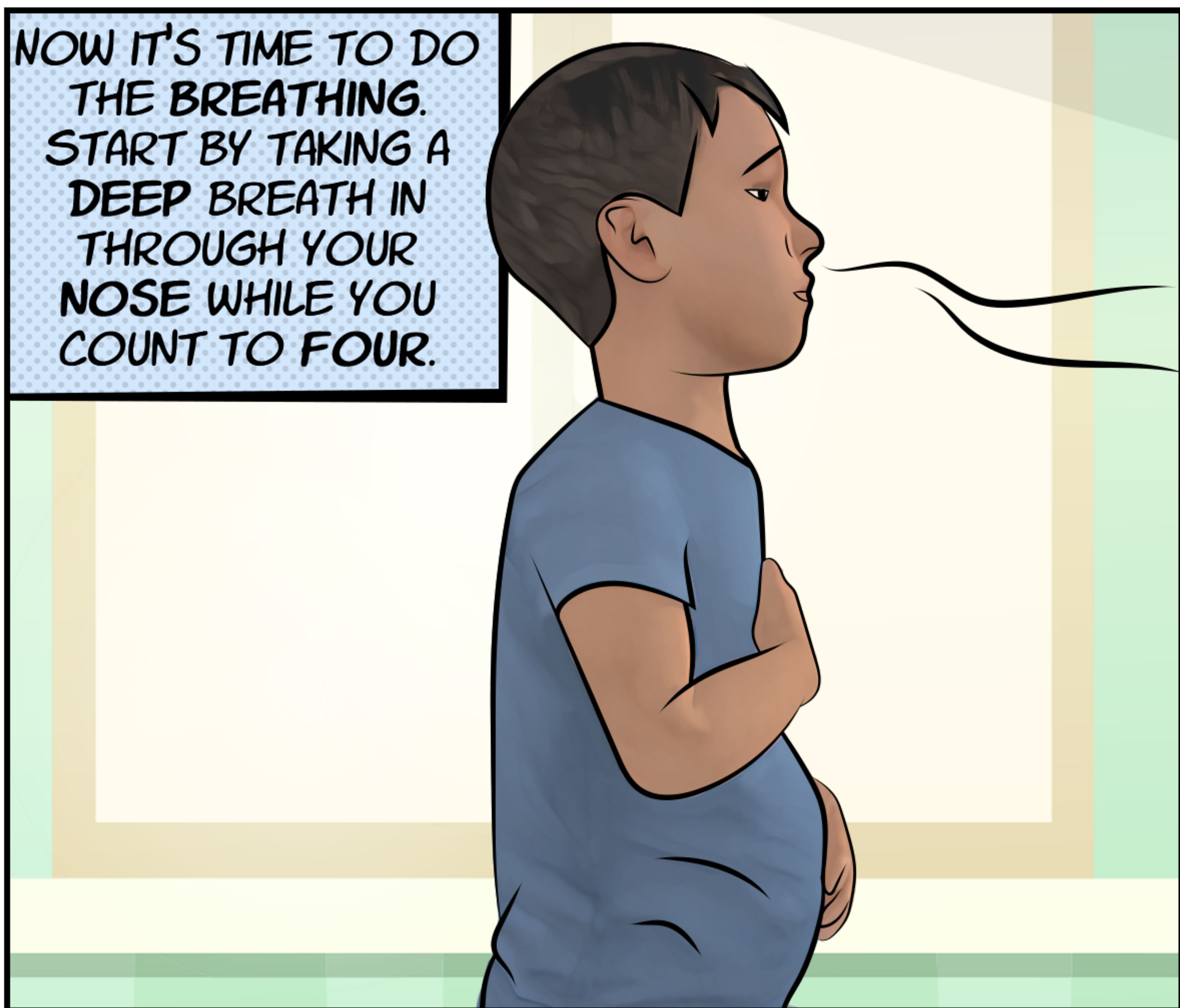
I'LL SHOW YOU. LET'S WALK THROUGH THE STEPS TOGETHER.



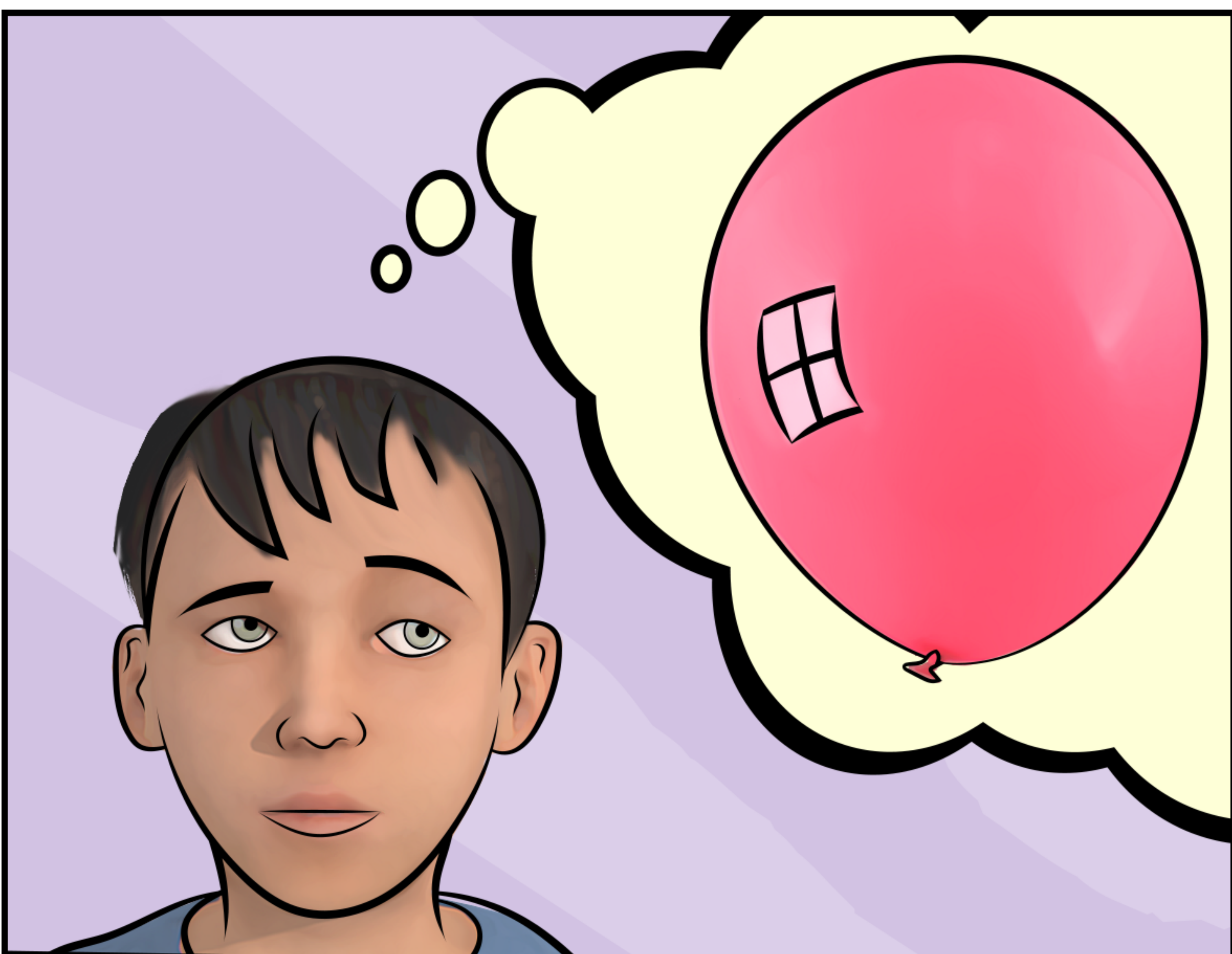
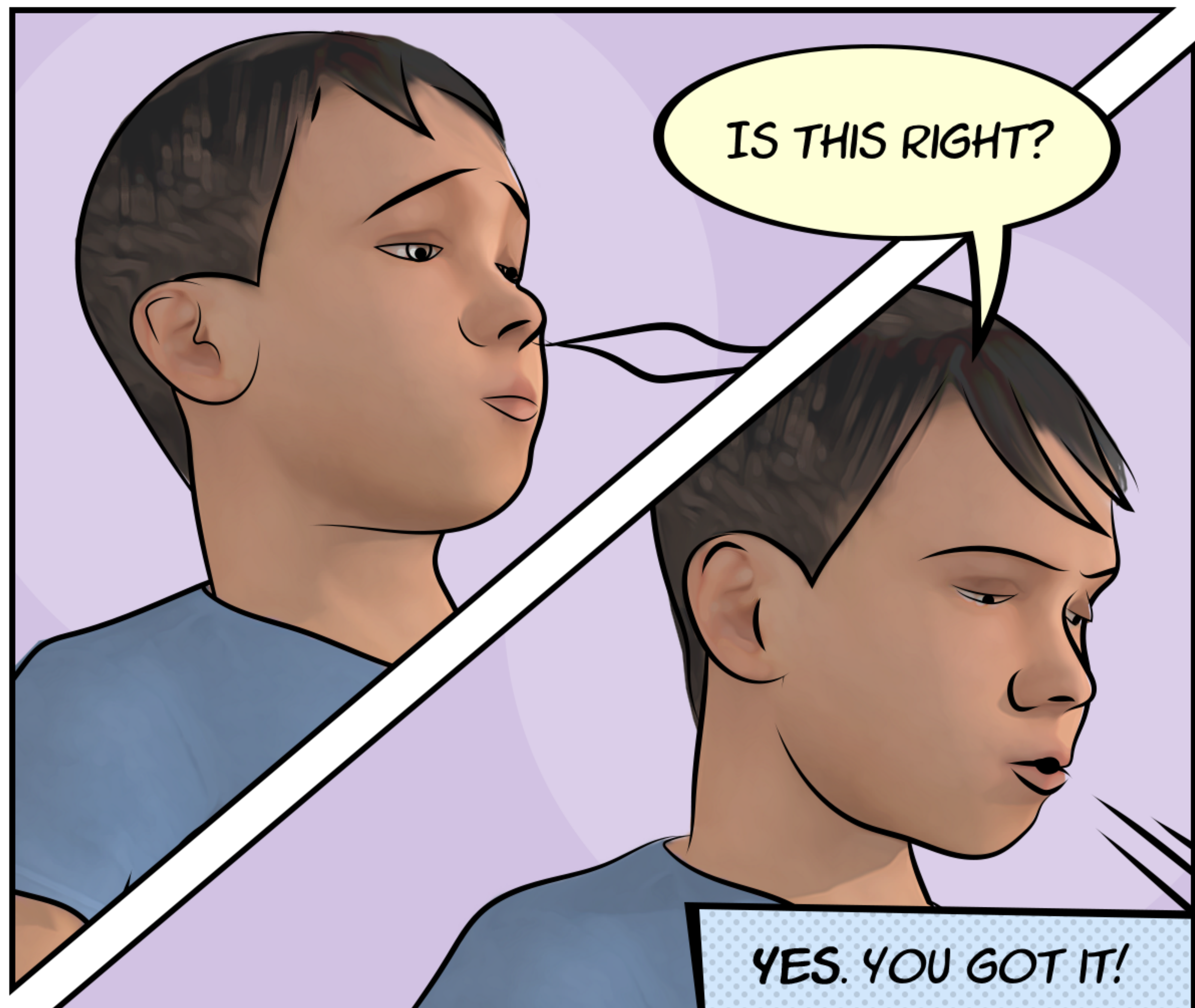
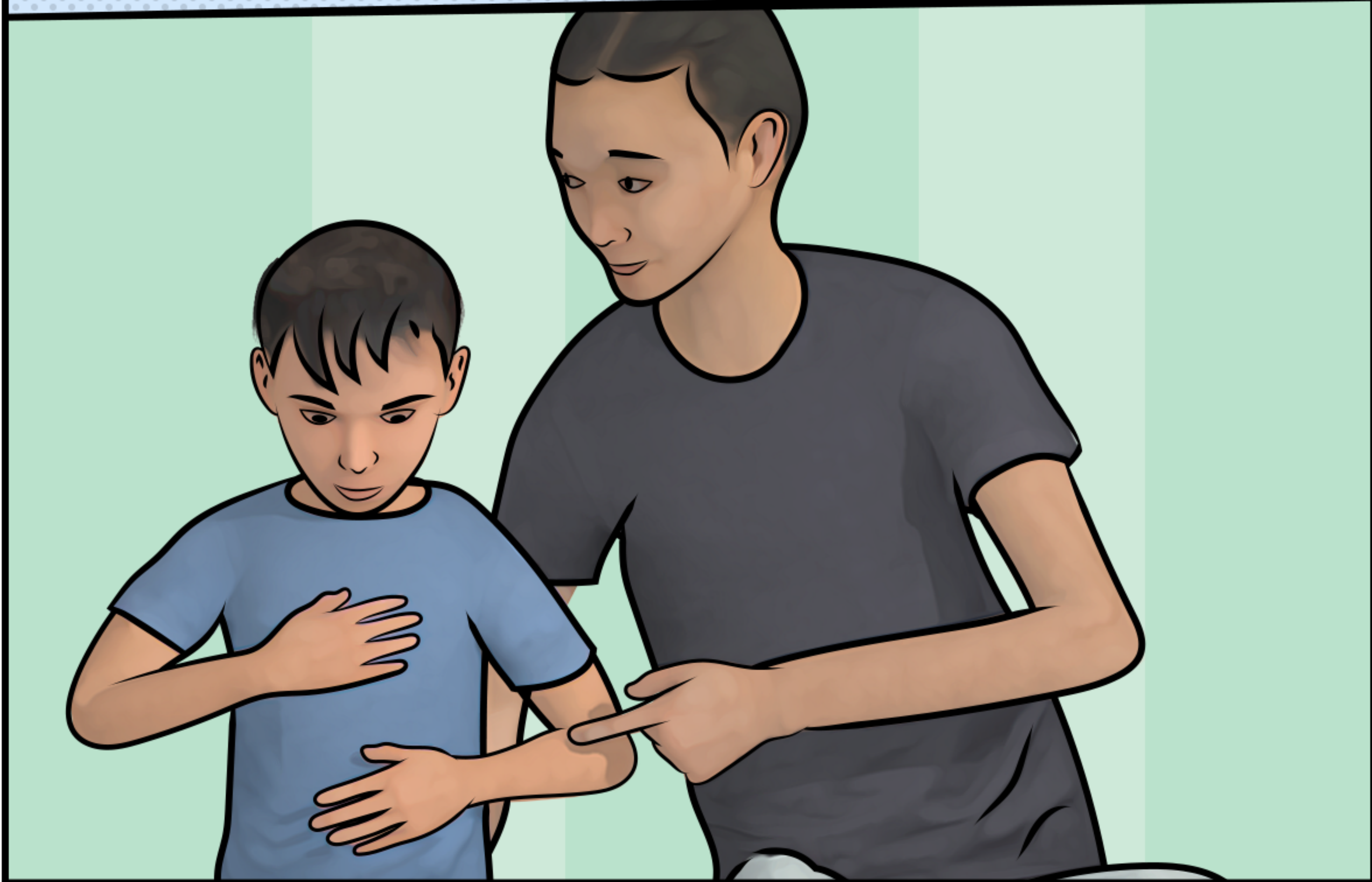
FIRST, CHOOSE A COMFORTABLE POSITION. LAY DOWN ON YOUR BACK, SIT, OR STAND.



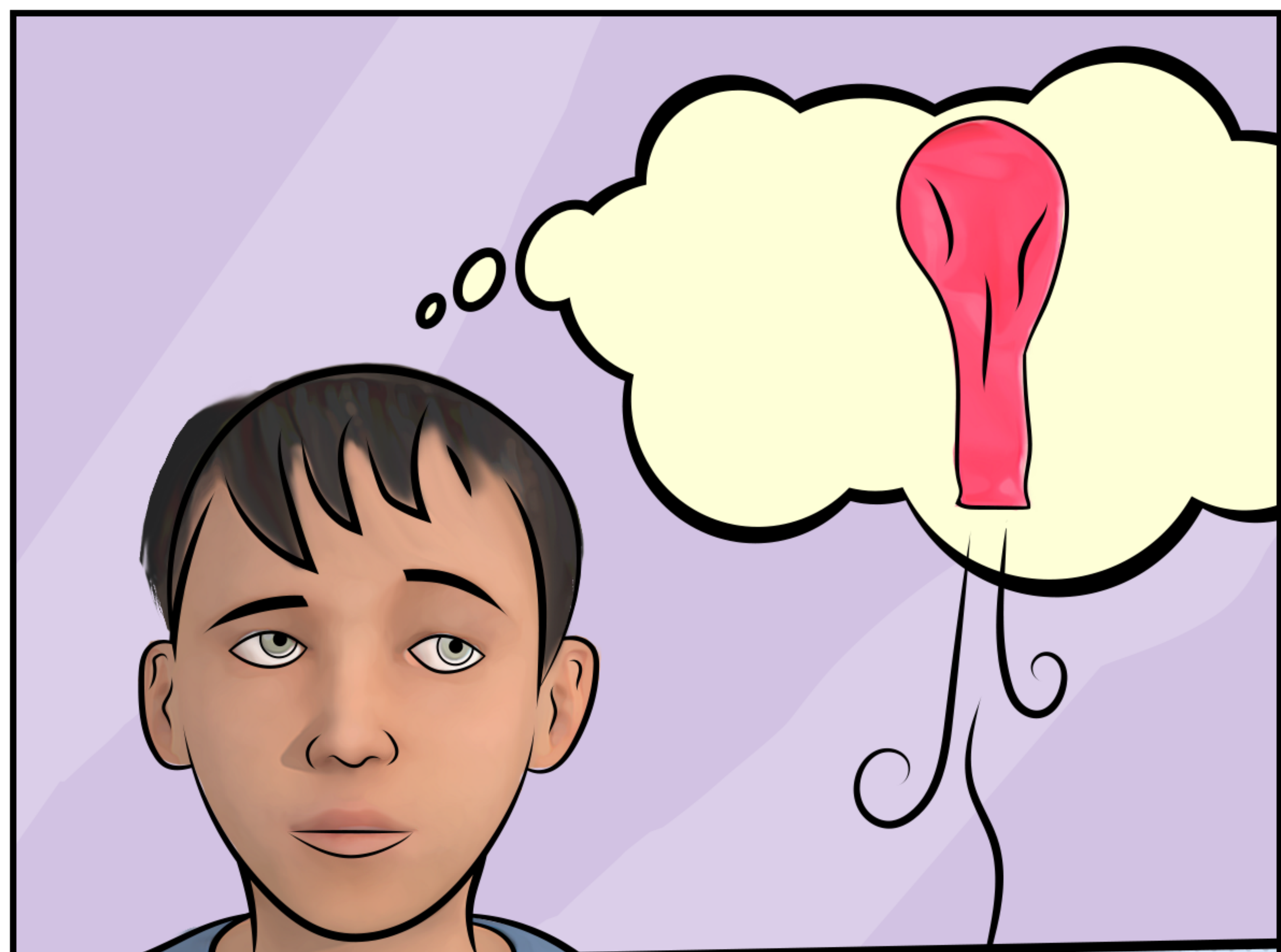
NEXT, PLACE ONE HAND OVER YOUR HEART AND ONE HAND ON YOUR BELLY, JUST ABOVE YOUR BELLY BUTTON.



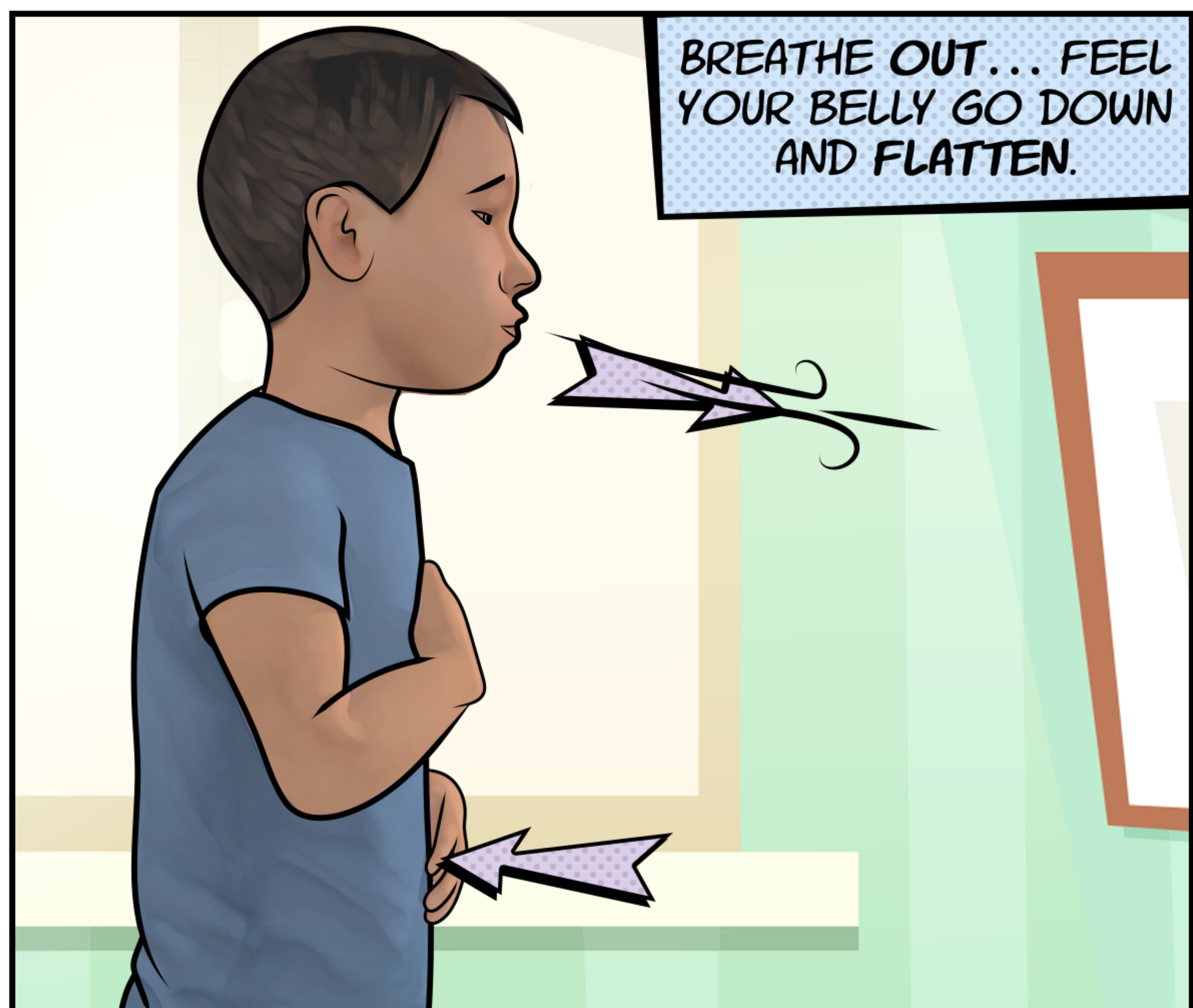
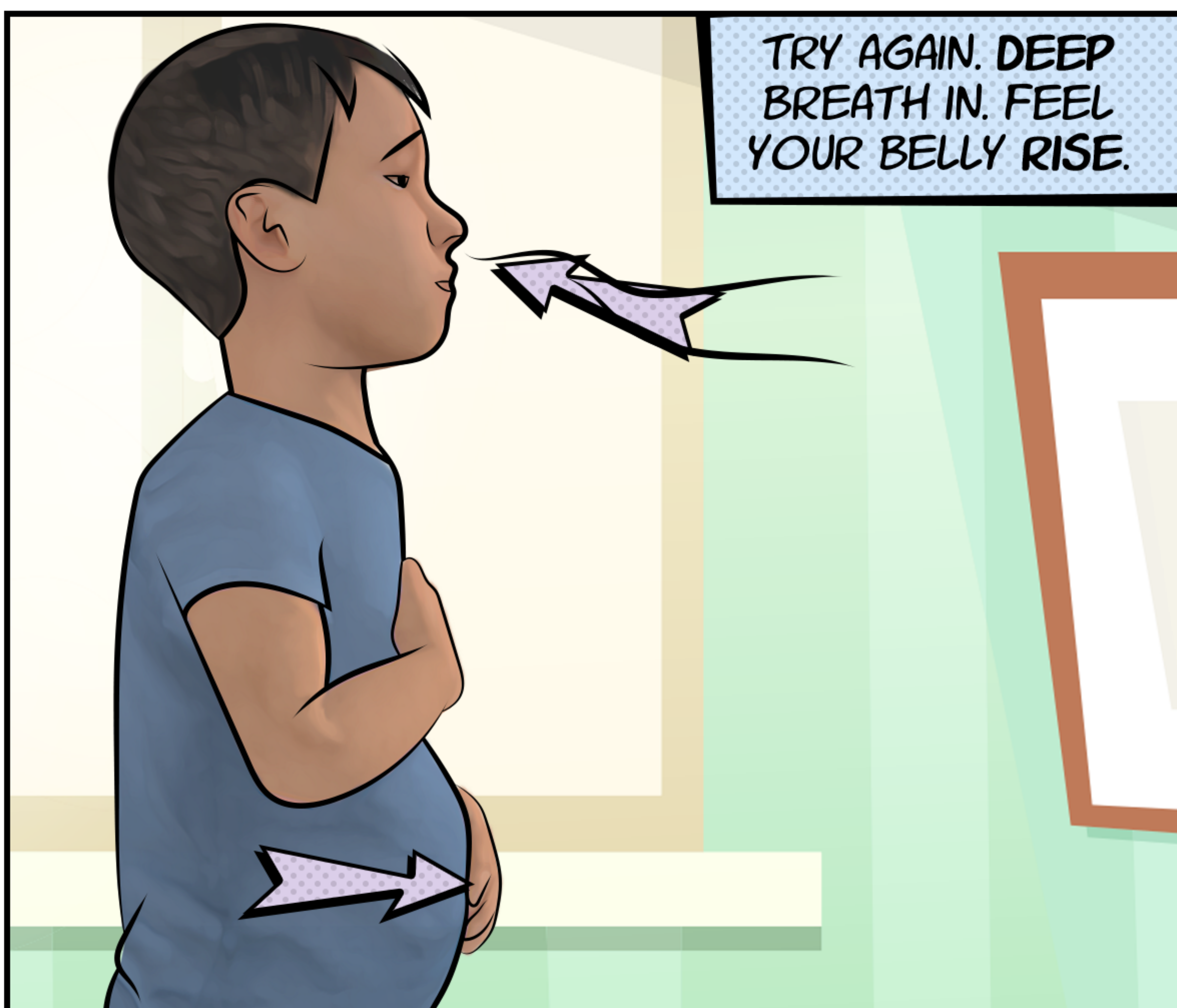
NOW, AS YOU TAKE A SECOND BREATH, LOOK AT THE HAND OVER YOUR HEART. IT SHOULD REMAIN STILL, WHILE THE HAND ON YOUR BELLY MOVES WITH EACH DEEP BREATH THAT YOU TAKE.



TO HELP YOU DO THIS, IMAGINE THAT YOUR BELLY IS A **BALLOON** THAT GETS **BIGGER** AS YOU BREATHE IN.

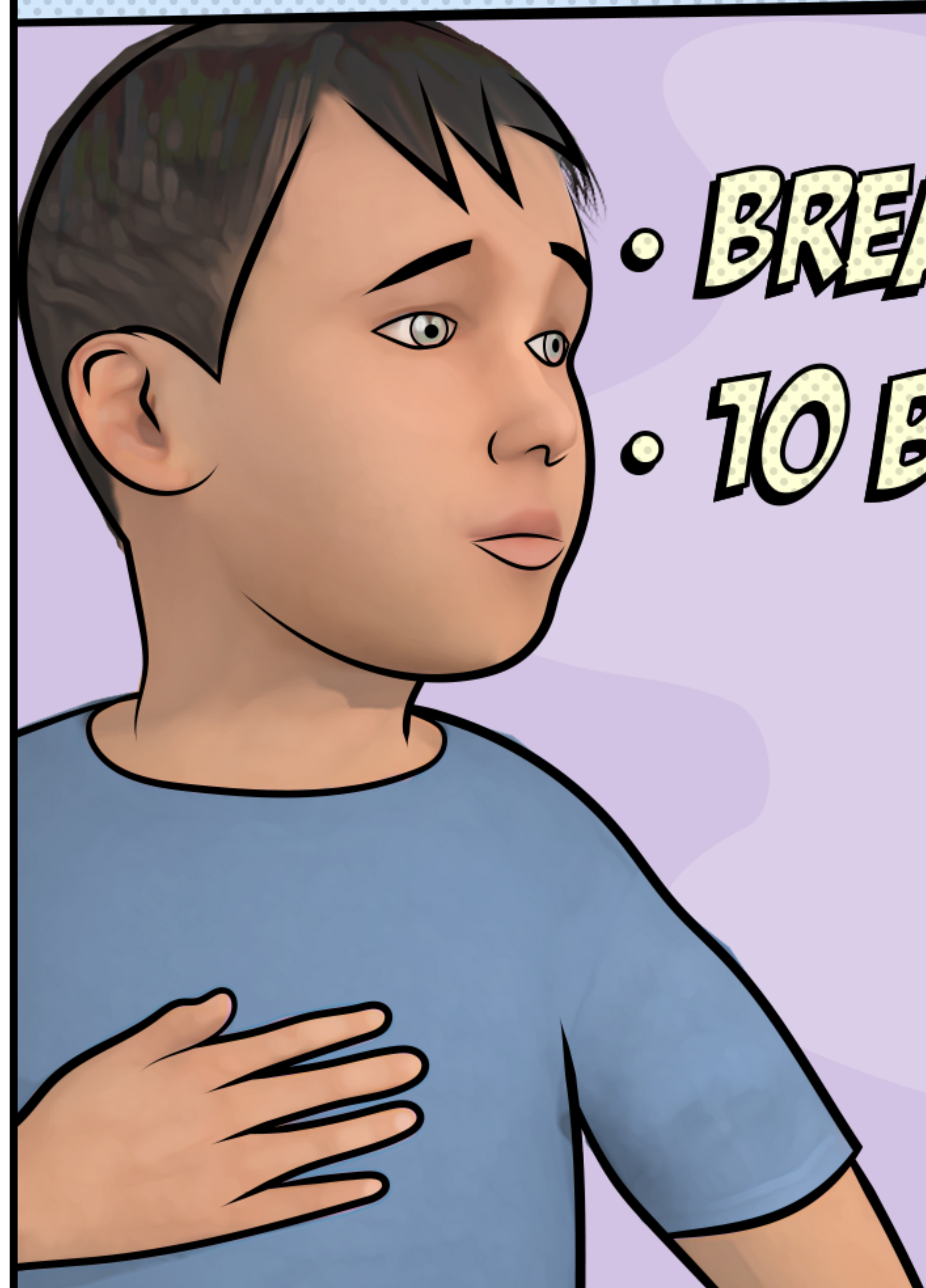


AND WHEN YOU'RE BREATHING OUT, IMAGINE YOUR BELLY **PUSHING** ALL OF THE AIR SLOWLY OUT OF THE **BALLOON** AND OUT THROUGH YOUR MOUTH.



REMEMBER TO DO YOUR BREATHING SLOWLY. AND REPEAT THE BELLY BREATHING FOR 10 BREATHS.

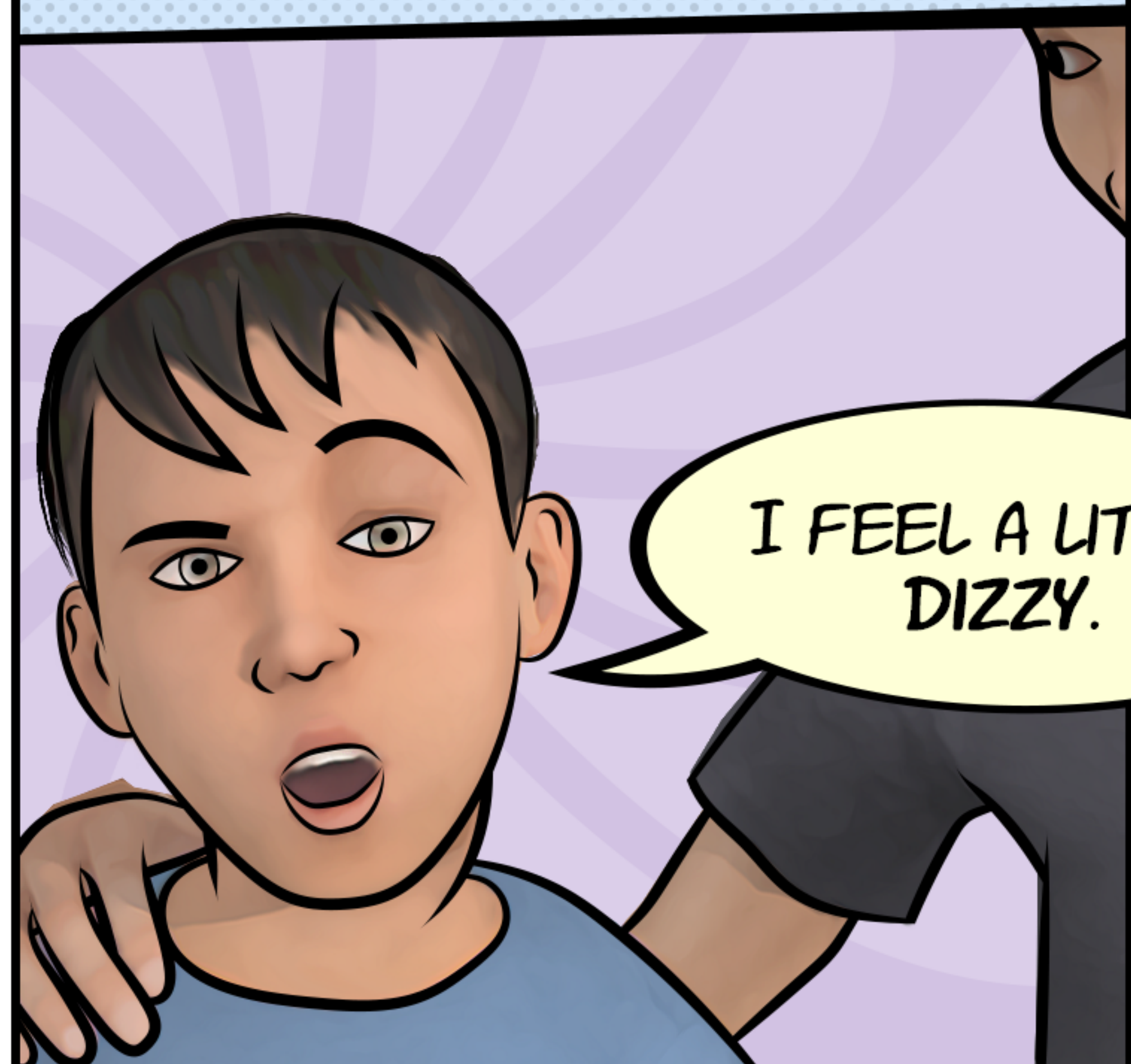
• **BREATHE SLOWLY**
• **10 BREATHS**



AFTER YOU'VE PRACTICED BELLY BREATHING, YOU CAN USE IT TO RELAX WHEN YOU NOTICE THAT YOU'RE BEGINNING TO FEEL WORRIED OR UPSET.

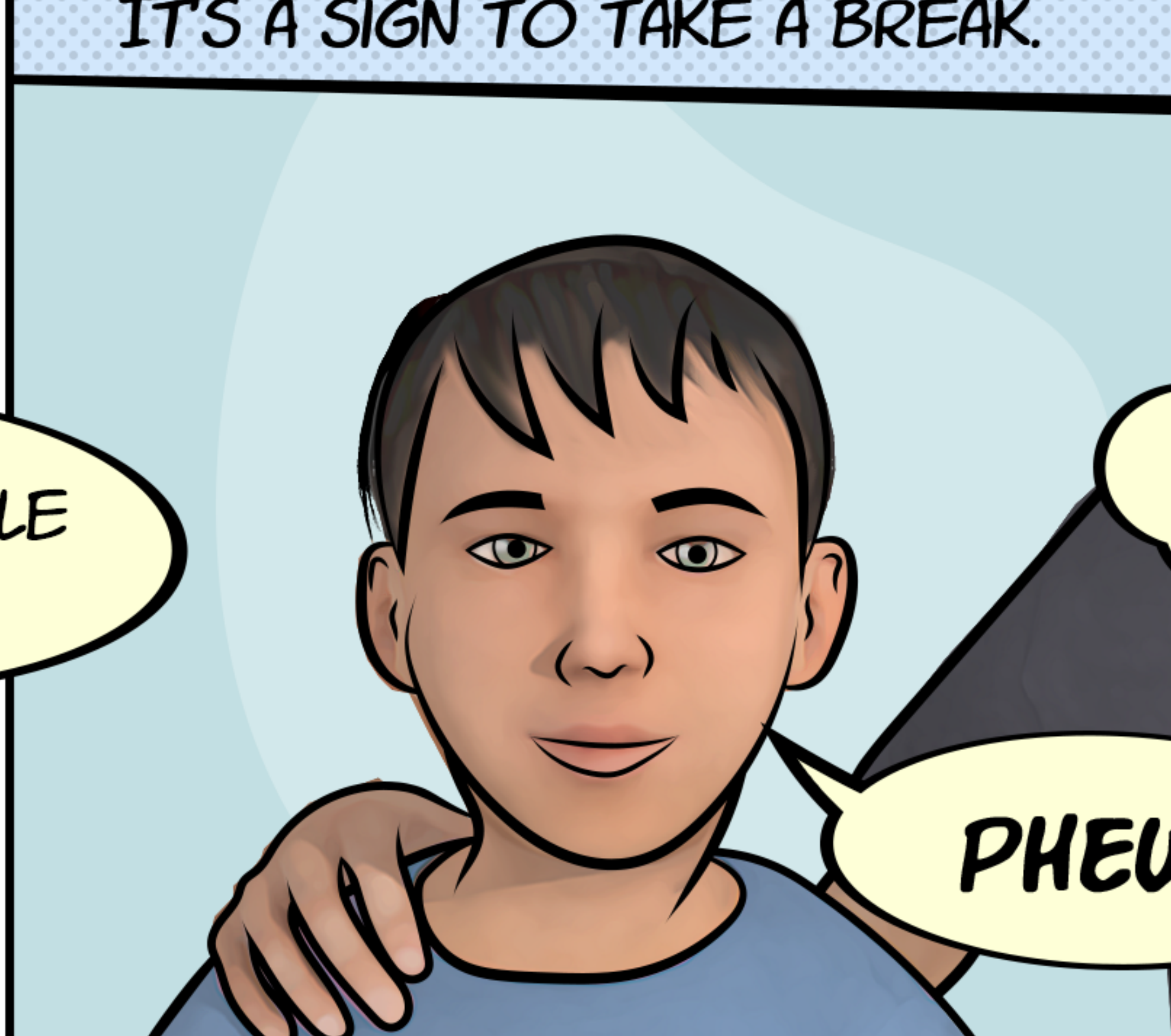
SO, HOW DID YOU DO?

I FEEL A LITTLE DIZZY.



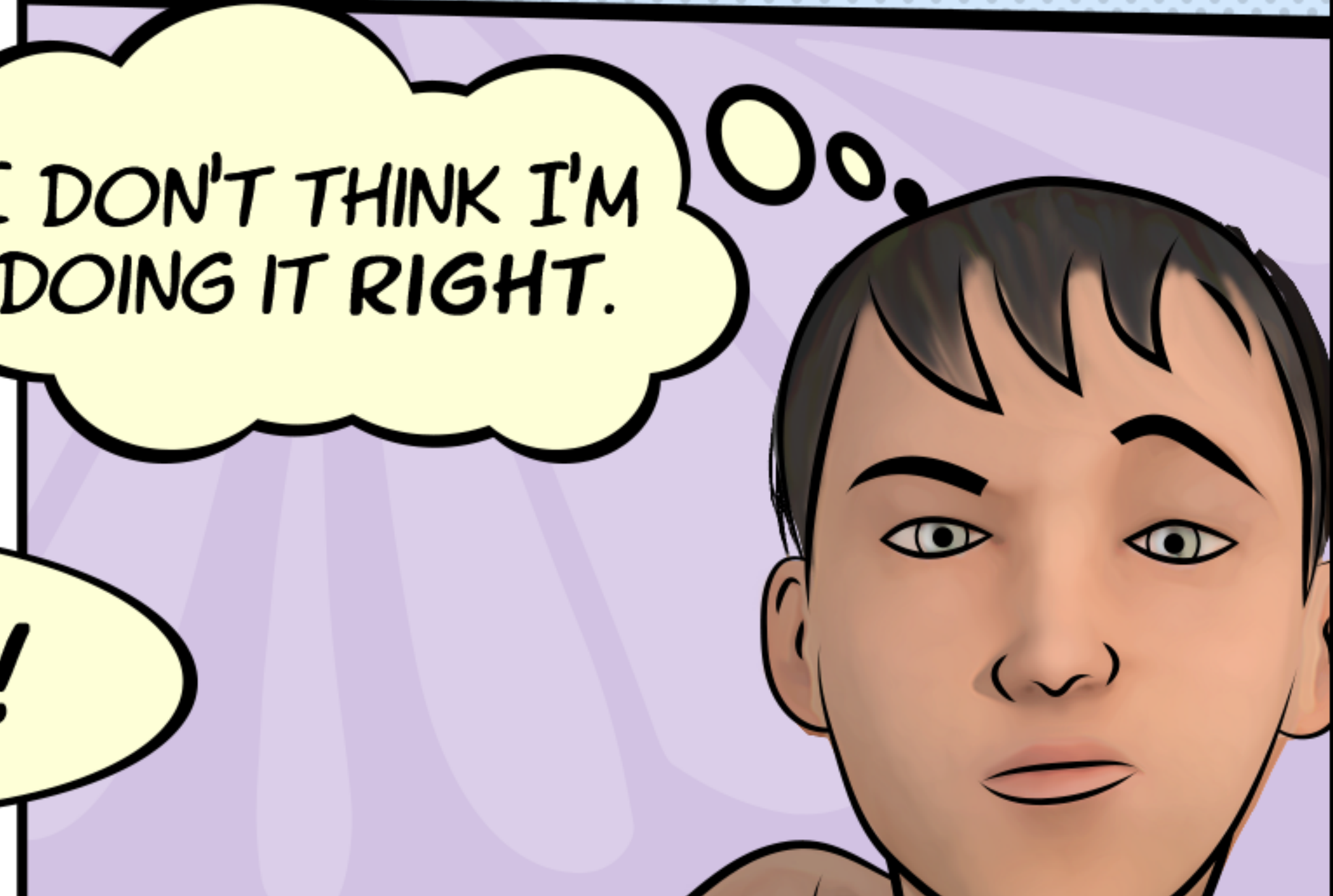
THAT'S COMPLETELY NORMAL! IT'S A SIGN TO TAKE A BREAK.

PHEW!

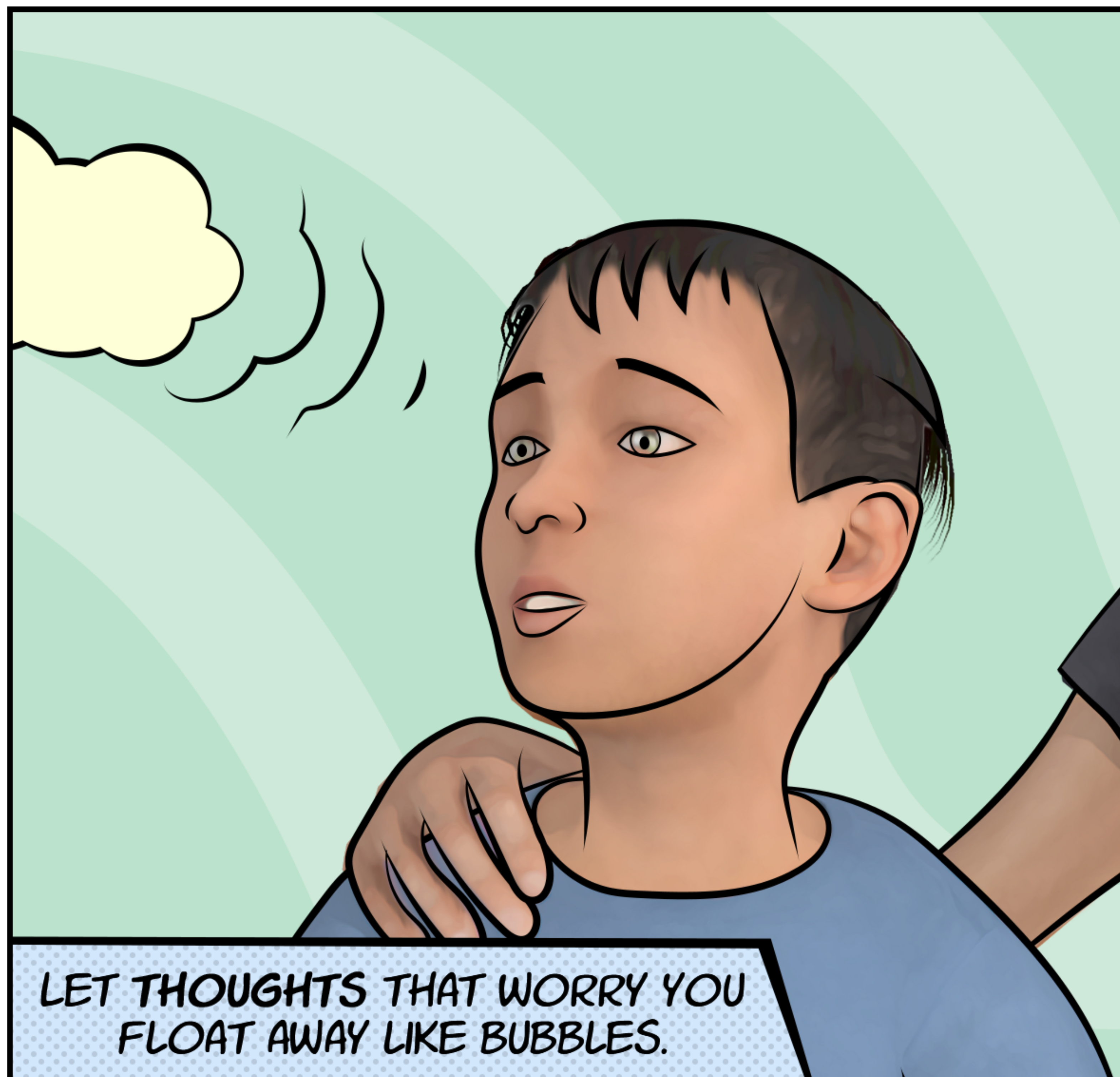


IT'S ALSO COMMON FOR BELLY BREATHING TO FEEL STRANGE AT FIRST. YOU MIGHT EVEN HAVE THOUGHTS THAT YOU'RE NOT DOING IT RIGHT.

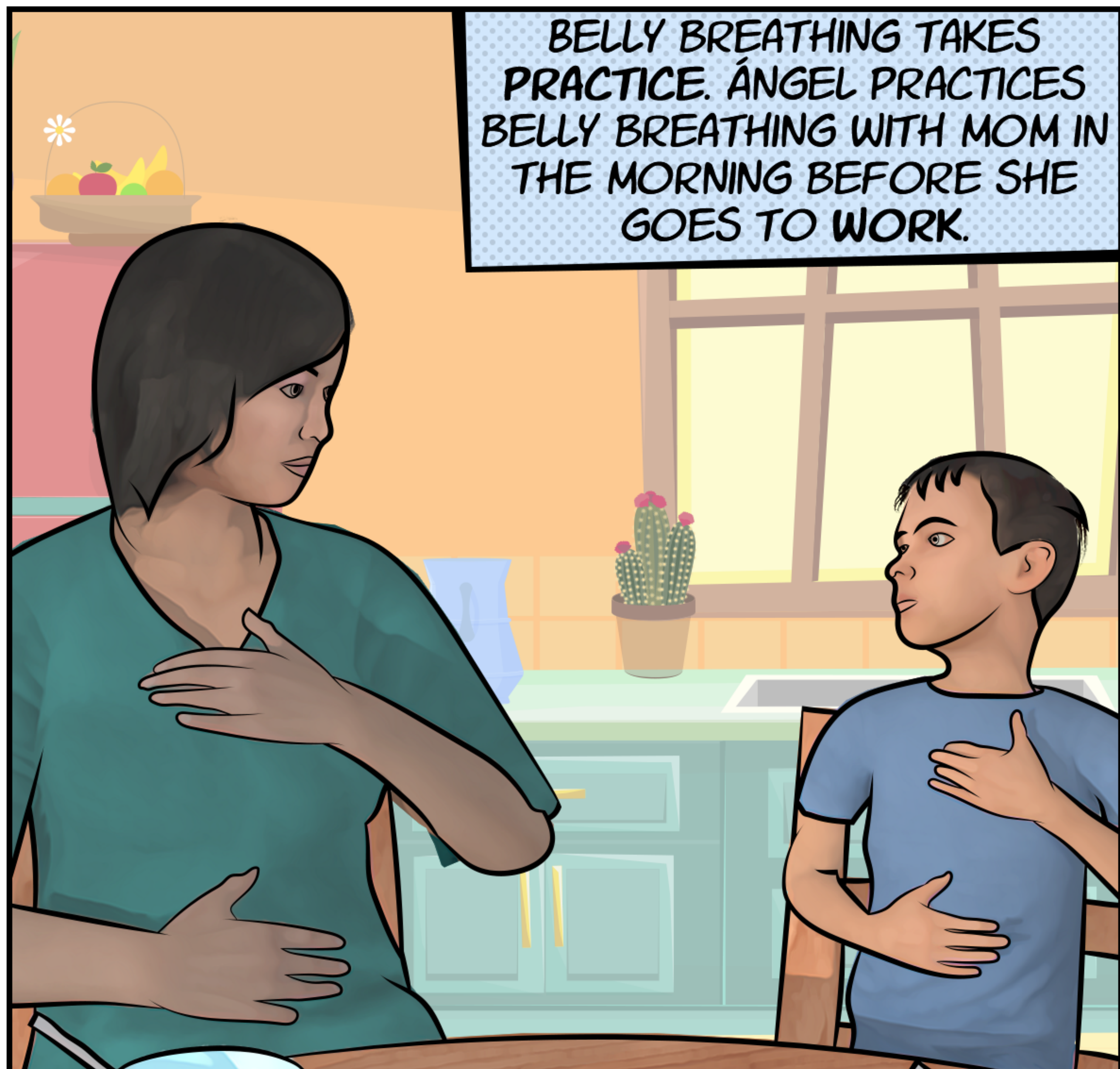
I DON'T THINK I'M DOING IT RIGHT.



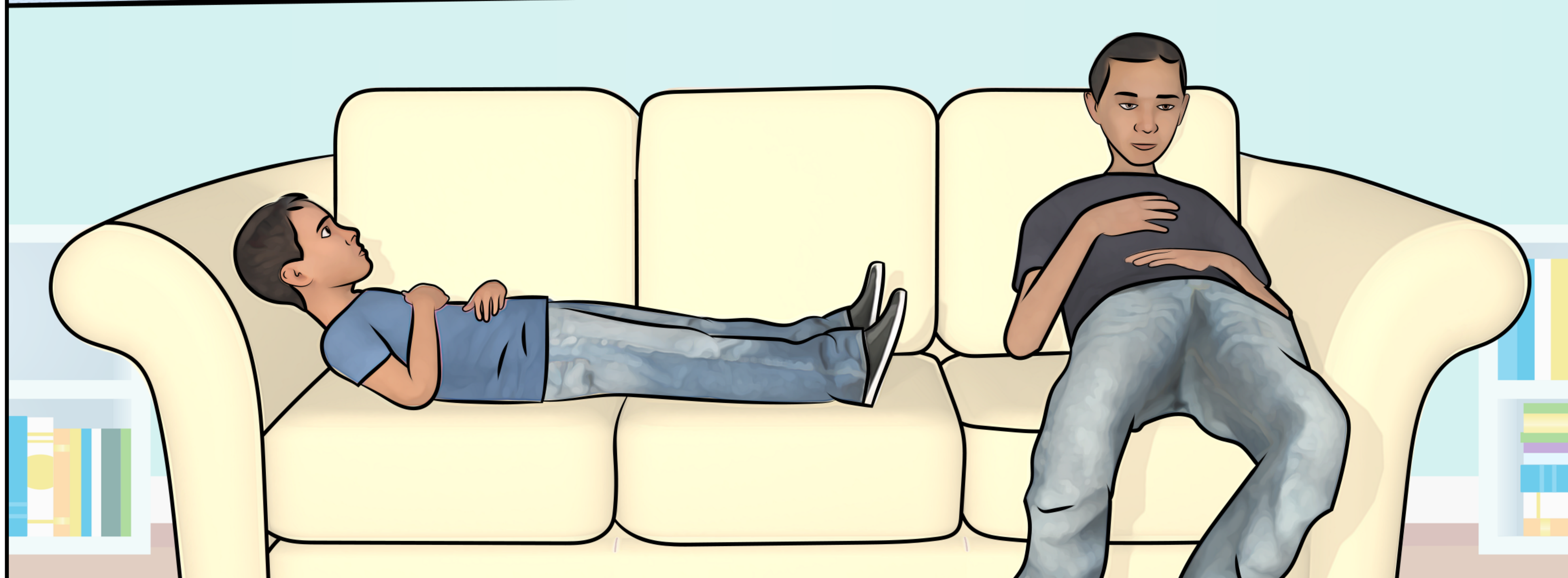
LET THOUGHTS THAT WORRY YOU FLOAT AWAY LIKE BUBBLES.



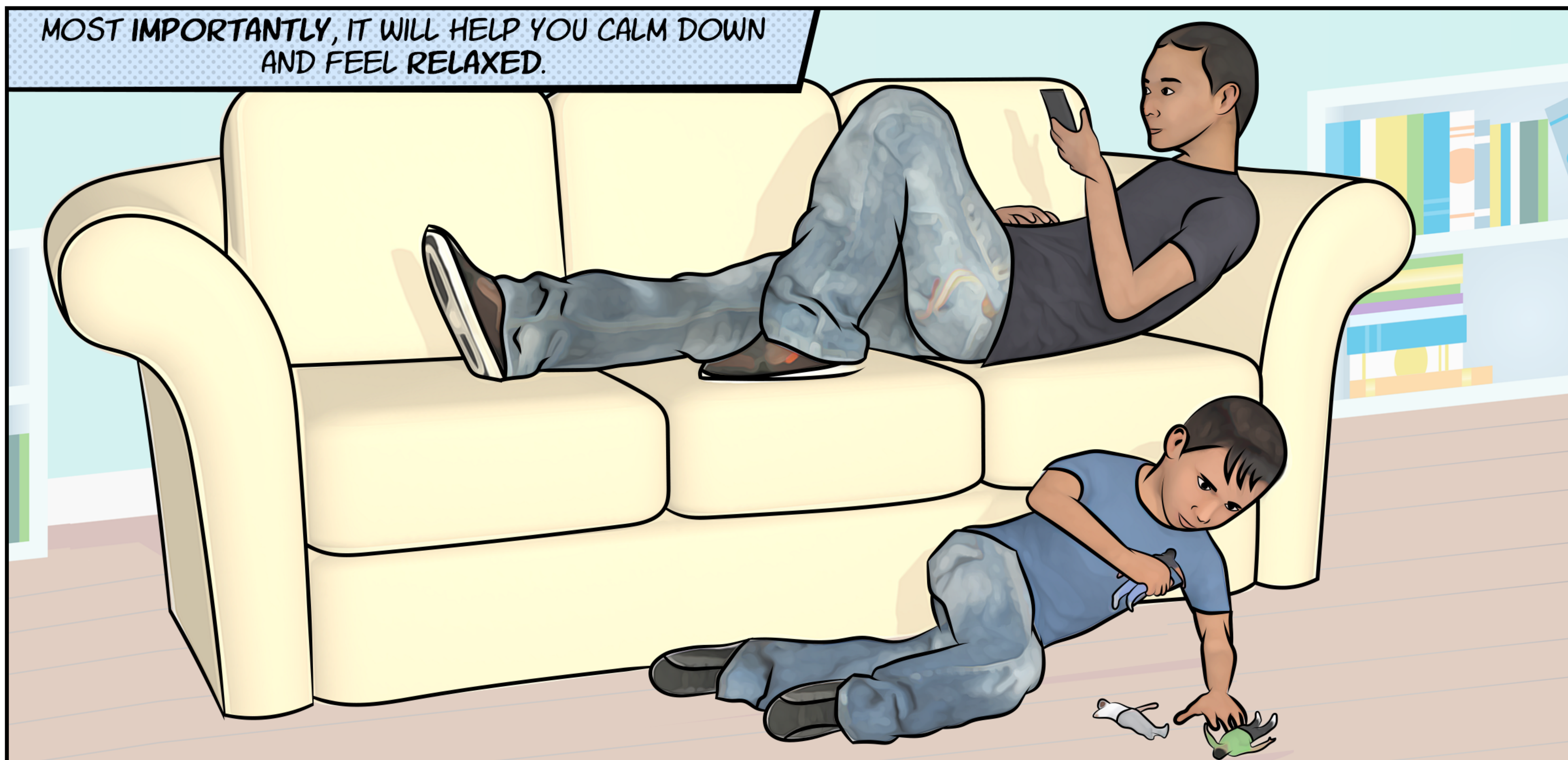
BELLY BREATHING TAKES PRACTICE. ANGEL PRACTICES BELLY BREATHING WITH MOM IN THE MORNING BEFORE SHE GOES TO WORK.



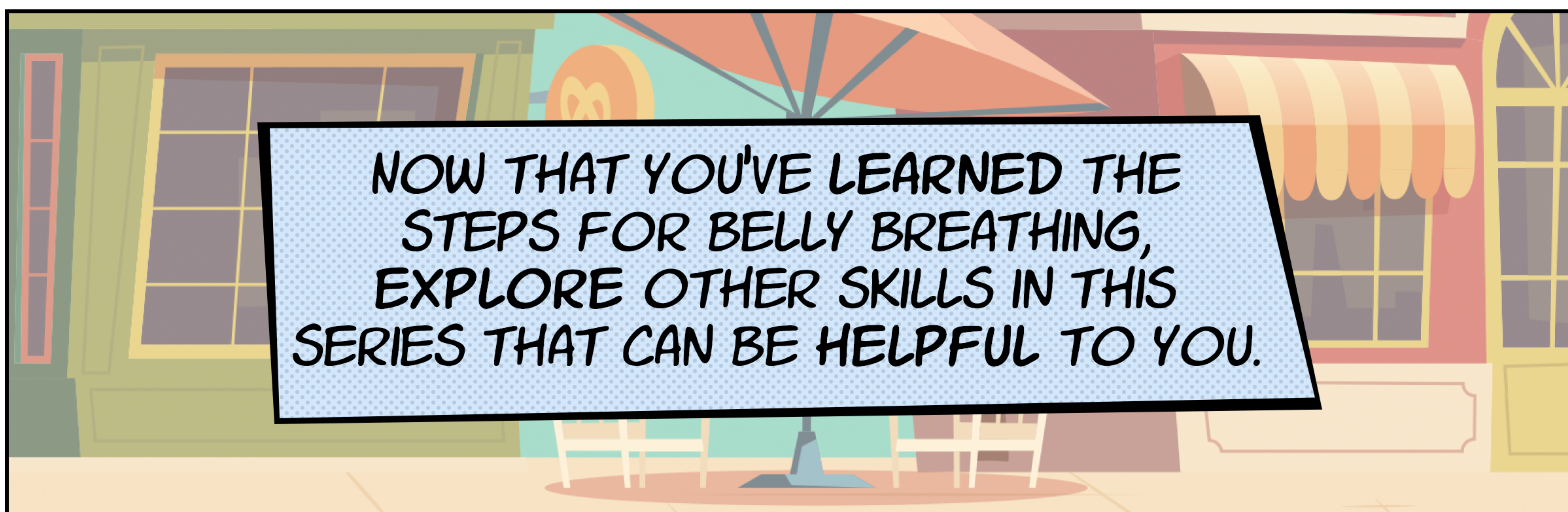
THEN, ÁNGEL PRACTICES AGAIN DURING THE DAY WITH ALEX WHEN THEIR MOM IS AT WORK. THE MORE YOU PRACTICE BELLY BREATHING, THE EASIER IT WILL GET.



MOST IMPORTANTLY, IT WILL HELP YOU CALM DOWN AND FEEL RELAXED.



NOW THAT YOU'VE LEARNED THE STEPS FOR BELLY BREATHING, EXPLORE OTHER SKILLS IN THIS SERIES THAT CAN BE HELPFUL TO YOU.



THIS RESOURCE WAS DEVELOPED BY ICF, AN INDEPENDENT THIRD-PARTY CONTRACTOR, WITH OVERSIGHT FROM A GROUP OF EXPERTS* ACTING IN THEIR INDIVIDUAL CAPACITIES CONVENED BY THE NATIONAL ACADEMIES OF SCIENCES, ENGINEERING, AND MEDICINE AND WITH FUNDING FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC, 200-2011-38807/75D30120F00087). ANY FINDINGS, RECOMMENDATIONS, OR CONCLUSIONS IN THIS RESOURCE ARE NOT NECESSARILY ENDORSED OR ADOPTED BY THE EXPERT PANEL MEMBERS, THE NATIONAL ACADEMIES, THE CDC, OR ICF.

THESE TOOLS ARE NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT. ALWAYS SEEK THE ADVICE OF YOUR PHYSICIAN OR OTHER QUALIFIED HEALTH PROVIDER WITH ANY QUESTIONS YOU MAY HAVE REGARDING A MEDICAL CONDITION. NEVER DISREGARD PROFESSIONAL MEDICAL ADVICE OR DELAY IN SEEKING IT BECAUSE OF SOMETHING YOU HAVE READ ON THIS WEBSITE.

*FOR MORE INFORMATION ABOUT THE GROUP OF EXPERTS, GO TO
[HTTPS://WWW.NATIONALACADEMIES.ORG/OUR-WORK/PROMOTING-EMOTIONAL-WELL-BEING-AND-RESILIENCE](https://www.nationalacademies.org/our-work/promoting-emotional-well-being-and-resilience)

PROMOTING EMOTIONAL WELL-BEING AND RESILIENCE IN CHILDREN AND ADOLESCENTS

FAQS

1. WHY AND HOW WERE THESE TOOLS DEVELOPED?

WHY? MANY CHILDREN AND TEENS STRUGGLE WITH FEELINGS OF STRESS, ANXIETY, AND DEPRESSION, PARTICULARLY DURING THE PANDEMIC. THESE TOOLS WERE CREATED TO PROMOTE THE MENTAL AND EMOTIONAL WELL-BEING OF CHILDREN AND YOUTH – DURING THE COVID-19 CRISIS AND BEYOND.

HOW? THE NATIONAL ACADEMIES OF SCIENCES, ENGINEERING, AND MEDICINE (NASEM) MADE THIS PROJECT POSSIBLE WITH FUNDING FROM THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC). NASEM BROUGHT TOGETHER A GROUP OF EXPERTS TO DEVELOP WAYS TO HELP CHILDREN AND YOUTH WITH DIFFICULTIES THEY FACE EVERY DAY. TOGETHER WITH EXPERTS AT ICF, THEY CREATED TOOLS, BASED ON COGNITIVE BEHAVIORAL THERAPY (CBT), TO HELP REDUCE STRESS, ANXIETY, AND DEPRESSION. THE TOOLS ARE MEANT FOR CHILDREN AND YOUTH DIRECTLY, AND FOR PARENTS TO HELP CHILDREN AND YOUTH WITH STRESS, ANXIETY, AND DEPRESSION. TEACHERS AND OTHER CAREGIVERS MAY ALSO BE ABLE TO USE THESE RESOURCES.

MORE INFORMATION ABOUT THIS PROJECT AND THE GROUP OF EXPERTS IS AVAILABLE ON THE PROJECT WEBPAGE:

[HTTPS://WWW.NATIONALACADEMIES.ORG/OUR-WORK/PROMOTING-EMOTIONAL-WELL-BEING-AND-RESILIENCE](https://www.nationalacademies.org/our-work/promoting-emotional-well-being-and-resilience).

2. WHAT IS COGNITIVE BEHAVIORAL THERAPY (CBT)?

COGNITIVE BEHAVIORAL THERAPY (CBT) WORKS BY HELPING A PERSON NOTICE HOW THEIR THOUGHTS AFFECT HOW THEY FEEL AND BEHAVE. CBT HELPS THEM TURN UNHELPFUL THOUGHTS AROUND TO MORE HELPFUL THOUGHTS SO THEY FEEL BETTER. EXPERTS TELL US THAT CBT IS THE GOLD STANDARD OF THERAPY FOR CHILDREN, TEENS, AND ADULTS WHO ARE EXPERIENCING STRESS, ANXIETY, AND DEPRESSION.

THE WORD "COGNITIVE" REFERS TO WHAT WE THINK, AND THE WORD "BEHAVIORAL" TO WHAT WE DO. CBT CAN HELP CHILDREN AND TEENS...

- "CATCH" THOUGHTS THAT ARE NOT HELPFUL, "CHECK" THEM, AND "CHANGE" THEM TO FEEL BETTER.
- LEARN TO NOTICE AND DO THE THINGS THAT HELP THEM FEEL BETTER.
- LEARN HELPFUL SKILLS LIKE DEEP BELLY BREATHING AND MINDFULNESS.

CBT WON'T BE ABLE TO FIX ALL THE THINGS THAT MAKE SOMEONE FEEL STRESSED, ANXIOUS, OR DEPRESSED, BUT IT CAN HELP THEM COPE WITH THOSE FEELINGS AND FEEL BETTER.

THESE TOOLS DON'T TEACH EVERY PART OF CBT, ONLY SOME OF THE MOST TESTED AND EASY-TO-USE SKILLS. ALTHOUGH THESE TOOLS CAN'T TAKE THE PLACE OF A MENTAL HEALTH PROVIDER, THEY CAN HELP CHILDREN AND TEENS LEARN HOW TO BETTER COPE WITH EVERYDAY STRESS AND ANXIETY.

NOTE: IT TAKES TIME TO LEARN A NEW HABIT, USUALLY 30 TO 60 DAYS, SO IT'S IMPORTANT FOR CHILDREN AND TEENS TO KEEP PRACTICING THESE SKILLS REGULARLY. THEY WILL NOT ONLY BENEFIT TODAY, BUT WILL BUILD RESILIENCE AND HELP MANAGE FUTURE STRESS THROUGHOUT LIFE'S JOURNEY.

3. WHY ARE THE PRONOUNS "THEY," "THEM," OR "THEIRS" USED TO REFER TO A SINGLE PERSON IN THESE TOOLS?

THE LANGUAGE WE USE TO DESCRIBE PEOPLE AND EXPERIENCES IS IMPORTANT. IT SIGNIFIES HOW WE EXPRESS OURSELVES AND HOW OTHER PEOPLE SEE US. MANY TIMES, IN ENGLISH OR SPANISH, WE USE DIFFERENT FORMS OF NOUNS, PRONOUNS, OR ADJECTIVES THAT ARE BASED ON ASSUMPTIONS ABOUT A PERSON'S GENDER. MANY PEOPLE MAY NOT VIEW THIS AS A PROBLEM. BUT, FOR SOME PEOPLE, ASSUMPTIONS ABOUT GENDER ARE NOT ACCURATE, AND CAN BE HARMFUL. GENDER INCLUSIVE LANGUAGE IS USED THROUGHOUT THE MODULES TO ENSURE THAT ALL CHILDREN AND TEENS CAN CONNECT TO OUR SCENARIOS. THEY, THEM, AND THEIRS ARE PRONOUNS FREQUENTLY USED TO REFER TO A SINGLE PERSON WHEN WE ARE NOT AWARE OF THE PERSON'S GENDER, AND/OR WHEN A PERSON DOES NOT IDENTIFY AS A BOY/MAN OR A GIRL/WOMAN. FOR EXAMPLE, IF A PERSON NOTICES THAT SOMEONE LEFT AN ITEM IN A CLASSROOM BUT THE PERSON DOES NOT KNOW WHO IT BELONGS TO, THE PERSON MIGHT SAY "OH NO, SOMEONE LEFT THEIR WATER BOTTLE" USING "THEIR" AS A GENDER NEUTRAL PRONOUN. IN SPANISH, GENDER INCLUSIVE LANGUAGE IS SOMETIMES CREATED USING AN -E, RATHER THAN A FEMININE -A OR A MASCULINE -O.

4. WHERE SHOULD I GO IF I NEED ADDITIONAL RESOURCES OR HELP?

IF YOU OR YOUR CHILD OR TEEN ARE IN NEED OF IMMEDIATE SUPPORT, THE LIFELINE NETWORK IS AVAILABLE 24/7 ACROSS THE UNITED STATES. YOU CAN CALL (800) 273-8255 OR TEXT 741741.

IF YOU ARE LOOKING TO FIND A PROVIDER WHO CAN SUPPORT YOU OR YOUR CHILD'S MENTAL HEALTH, YOU CAN CALL THE SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION'S NATIONAL HELPLINE AT (800) 662-HELP (4357) OR VISIT THEIR WEBSITE: [HTTPS://WWW.SAMHSA.GOV/FIND-TREATMENT](https://www.samhsa.gov/find-treatment).

TO LEARN MORE ABOUT THE COVID-19 PANDEMIC, VISIT THE CENTERS FOR DISEASE CONTROL AND PREVENTION WEBSITE: [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/INDEX.HTML](https://www.cdc.gov/coronavirus/2019-ncov/index.html).

FOR ADDITIONAL HELP, VISIT OUR RESOURCES PAGE.