



O'Connor Professional Group

BEHAVIORAL HEALTH NAVIGATION

OPG'S GUIDE TO RESOURCES

Helpful tips for staying healthy & knowledgeable during this time of uncertainty:

- **OPG Webinar: Staying Sequestered and Sane**
- **OPG Blog**
- **MGH Psychiatry Guide to Mental Health Resources for COVID-19**
- **Harvard Medical School Introduction to Tai Chi**

Helpful tips for supporting the wellbeing of children & teens:

- **Harvard Medical School: How to Talk with Teens**
- **UNICEF: How teenagers can protect their mental health during coronavirus (COVID-19)**
- **The Clay Center for Young Healthy Minds: Managing Stress - Tips from Kids and Teens**
- **The Clay Center for Young Healthy Minds: 7 Ways to Support Kids and Teens Through the Coronavirus Pandemic**
- **Tips for Supporting Student Wellness During COVID-19**
- **Strategies to support teens and young adults with autism spectrum disorder during COVID-19**
- **Sesame Street's Belly Breathe video with Elmo**

Mental Health Resources:

- **National Alliance on Mental Illness (NAMI)**
- **Psychology Today: Therapist Search**
- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
- **Association for Behavioral and Cognitive Therapies (ABCT)**
- **National Institute of Mental Health (NIMH)**
- **Mentalhealth.gov**

Mental Health Resources for Children & Teens:

- **American Academy of Child and Adolescent Psychiatry**
- **NAMI's Find Support Section for Teens and Young Adults**
- **U.S. Department of Health and Human Services: Office of Adolescent Health Resources**



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Mindfulness Apps for Children, Teens & Adults

- **Stop Breathe & Think**
- **Insight Timer**
- **Headspace app**
- **Smiling Mind** Meditation programs for children ages 7+

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OPG'S Guide for Families: B.E.A.C.H Activities

Bonding

- Create a scavenger hunt; the prize can be choosing the next baking or cooking recipe to try!
- Start a hobby together that get you outside
 - Start a birding journal and see who can find and [identify the rarest birds](#). Try drawing them!
 - Start an indoor herb garden or terrarium or plant an outside garden together
- Do a squirt paint, bubble paint, or tie-dye project



- Watch live cams of your favorite zoo or aquarium
 - [San Diego Zoo](#)
 - [Georgia Aquarium](#)
- Create a Tik-Tok video – this is a great way to either connect as a family or to help your older child to feel engaged with their peers



Exercise

- Create an obstacle course with materials or chalk and time how long it takes to complete it!
- Learn a new sport
- Use [AllTrails.com](#) to explore new hiking/walking trails every weekend
- Designate daily “movement” time to do one of the above activities or have an indoor dance party





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Altruism

- Volunteer online
 - [Dosomething.org](https://dosomething.org)
 - [Volunteermatch.org](https://volunteermatch.org)
- Write letters or draw pictures for family members or healthcare workers
- Sew reusable facemasks for friends a family
- Check local restrictions, and create a care-package for nearby shelters or nursing homes
- Offer to babysit for friends or neighbors and do outdoor activities with them



Contribution



- Take turns each week to pick meal recipes and identify what groceries are needed
 - [Learn how to meal prep](#)
 - Make a wish list of DIY projects you want to do in the house or yard and tackle a new one every week
 - “Tip” additional chore money for difficult chores (ex. cleaning the bathroom)
- Organize a drive-by parade from friends and family, boosting morale and celebrating each other’s accomplishments (graduations, birthdays, etc.).





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Hobbies

- Try woodworking using online kits
 - [Check out these kits from Home Depot!](#)
- Take an online [Masterclass](#)
- Buy a new appliance (ice cream machine, bread maker) – have children perfect the skill and even sell their final product
- Create a family photo jigsaw puzzle on [Shutterfly](#) to do together
- Start a Zoom book club
- Learn a new instrument by taking zoom classes
- Watch the [Lunch Doodles video series](#) every weekday at 1 p.m. Eastern, in which Mo Willems, Artist-in-Residence at The Kennedy Center, gives quick drawing lessons
- For children up to age 18, [Audible](#) is now providing free stories for as long as children are out of school



- Take part in daily live classes, storytimes, science lessons, art projects, etc.
 - [beanstalk.co/](#)
- Virtual Tech Camp Courses for various levels from [idtech.com/virtual](#)
- Try an activity on this [daily live events calendar](#) for kids, teens, families, and adults during COVID-19