

## Social/Emotional Resources for Google Webpage

[A Mindful Practice: The Breath Ball](#) - Kids can learn the basics of mindfulness — how to follow the breath — using a timeless toy: an expandable ball called a Hoberman sphere. Scroll down and breathe with the ball.

[Calm](#) - Meditations and calming exercises

[Conflict Resolution](#) - Conflict is a normal, and even healthy, part of relationships. After all, two people can't be expected to agree on everything at all times. Since relationship conflicts are inevitable, learning to deal with them in a healthy way is crucial. Read this article to learn more.

COVID-19 Resources from Mental Health First Aid USA:

1. [How to Care for Yourself While Practicing Physical Distancing](#)
2. [How to Help Someone with Anxiety or Depression During COVID-19](#)
3. [How to Support a Loved One Going Through a Tough Time During COVID-19](#)

[Daily Mindfulness Videos with Kristin Page](#) - Minding Your Mind's magnificent mindfulness instructor, Kristin Page, is creating daily mindfulness practices to help us all manage through our stress, anxiety, uncertainty—so many of the feelings that are coming during this time. You can catch-up and find the daily updates on our website, sign up to receive a daily email with her newest video by clicking here, or follow our social media channels.

[The JED Foundation](#) - Expert information and resources to help teens and young adults navigate life's challenges.

[Mind Your Mood with Minding Your Music](#) - Minding Your Mind's young adult speakers and members of the Minding Your Mind team have created Spotify playlists to inspire you. We have curated them into a collection called Minding Your Music. "Minding My Focus" is great to play as you do work; "Minding My Hype" is full of feel-good songs to get those endorphins pumping; "Minding My Calm" can be used when you feel the stress growing and want to calm yourself. Music is a wonderful positive coping skill. Our hope in sharing these playlists with you is to provide you with a new tool in your mental wellness toolbox.

[Mindfulness for Teens: Guided Meditations](#) - You can practice with these guided meditation recordings from this website, or download them onto your portable device. It's OK if it seems a little weird at first. To get the hang of it, you may wish to try practicing with a particular recording at the same time, every day, for a week.