2020 BACK TO SCHOOL SURVIVAL GUIDE FOR TEENAGERS AND YOUNG ADULTS

Where to find help during this difficult time

At home

> Managing Social Distancing is a comprehensive pdf of things to do, ways to connect, find responsible news, find calm, explore places of positivity, learn cool stuff, volunteering, helpful podcasts and virtual museums and aquariums. https://transitioncoalition.org/wp-content/uploads/2020/04/Managing-Social-Distancing-So-It-Doesnt-Suck.pdf

> Funnies/Comics for teens: https://www.gocomics.com/comics/kids-teens

Well-being & Self-Care

> Social Emotional & Mental Health: https://www.leasepasstheleove.org/covid-19-resources?blm_aid=16689

Self-Care

> Time to breathe! - 4-7-8 Breathing that helps with reducing anxiety and improving sleep: https://www.healthline.com/health/4-7-8-breathing#1

> Take care of your own anxiety: https://www.virusanxiety.com/free-meditations

> Taking care of your own mental health: https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak#Be-angry-then-practical

Mindfulness

> Yoga online: https://wufshanti.com/

> Teen Wellness Guide https://www.dropbox.com/s/9uag084addnx09z/Wellness%20Guide%20for%20Teen%202020.pdf?dl=0


> Free mindfulness resources: https://www.mindful.org/free-mindfulness-resources-for-calm-during-covid-outbreak/


> Guided mindfulness (English and Spanish): https://www.cigna.com/individuals-families/health-wellness/climb-mindfulness-podcasts

Learning at school or at home

Free Educational Courses:
> Harvard: www.online-learning.harvard.edu
> Yale: www.yale.edu/online-learning
> edX - 2000 free online courses from 140 leading institutions: www.edx.org
> Leading the Life You Want from University of Pennsylvania
> Entrepreneurship and Healthcare in Emerging Economies from Harvard University
> The Power of Team Culture from University of Pennsylvania
> Creating a Team Culture of Continuous Learning from University of Pennsylvania
> Fundamentals of Neuroscience, Part 1: The Electrical Properties of the Neuron from Harvard University
> Fundamentals of Neuroscience, Part 2: Neurons and Networks from Harvard University
> Fundamentals of Neuroscience, Part 3: The Brain
> The Science of Well-Being from Yale University
> Positive Psychology: Resilience Skills from University of Pennsylvania
> Positive Psychology: Martin E. P. Seligman’s Visionary Science from University of Pennsylvania
> Introduction to Family Engagement in Education from Harvard University
> The Science of Learning - What Every Teacher Should Know from Columbia University
> Science of Happiness from UC Berkeley

Note Taking
> A slide show on note taking for use on iPads: http://slideplayer.com/slide/6236098/
> University of Central Florida presents helpful ways to take lecture notes: Notetaking Time Savers
> Journaling may serve as a living history and could become primary sources for research in the future: Using journals for middle school students

Personal Development

> 35 Must-Watch TED Talks for Students of all ages: https://www.weareteachers.com/ted-talks-students/

Time Management/Focus Apps
> Time Management apps from age 3 - 16+: Top Time Management Apps
> 17 Apps to Stay Focused for Ages 5-13+: 17 Apps to Help Kids Stay Focused
> Free Educational Apps, Games, and Websites for Ages 2-13+: Free Educational Apps, Games & Websites
> Meditation for Ages 2-13+: Meditation Apps for Kids
Giving Back

Virtual Volunteer Opportunities


> Volunteering with the Red Cross: https://www.redcross.org/volunteer/become-a-volunteer/youth-opportunities.html

> Unique volunteer opportunity ideas: https://www.collegetransitions.com/blog/virtual-volunteer-opportunities-for-high-school-students/

> Volunteer opportunities for the whole family: https://fordhaminstitute.org/national/commentary/ways-your-whole-family-can-volunteer-during-covid-19-crisis

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