

Tools for supporting emotional wellbeing in children and youth - Audio Description Transcript

Narration: Feeling stressed? Worried? Having a hard time with COVID-19, school, life at home, or friends?

Additional description: Girl sits on bed holding her head in her hands.

Narration: There's a new tool to help kids and teens cope.

Additional description: Image of a website showing a box labeled 'tools for younger children with their parents' and a box labelled 'tools for youth and teens.'

Narration: It teaches strategies to help with managing stress and worries. Like this one.

Additional description: Cartoon drawing of a mother and daughter with the words Catch, Check, and Change Your Thoughts.

Narration: Sometimes we are bothered by unhelpful thoughts and fall into thinking traps.

Additional description: Cartoon drawing of a young girl with mask looking worried.

Voice of young girl: Could someone be saying bad things about me to Jordan? Maybe that's why I wasn't invited.

Additional description: Young girl with mask is sitting on a bus looking worried.

Narration: There is a way you can turn your thoughts around to help you cope better with situations that are out of your control. It's called Catch it, Check it, Change it.

Additional description: Image of a series of cartoons: Young girl is holding a dark thunder cloud, looking at it, and then the cloud becomes whiter.

Narration: To learn more about this and other strategies, and to try the new, free tools, go to this website.

Additional description: Image of a website titled Tools for Supporting Emotional Wellbeing in Children and Youth.

Text on screen: www.nap.edu/wellbeing-tools

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.

For more information about the group of experts, go to <https://www.nationalacademies.org/our-work/promoting-emotional-well-being-and-resilience>