

## ***Articles for Teens – Anxiety and COVID-19***

5 Ways to Help Teens Manage Anxiety About the Coronavirus

Source: NY Times

Talking to Teens and Tweens About Coronavirus

Source: NY Times

PSYCHOLOGICAL TIPS FOR CHILDREN AND ADOLESCENTS' EMOTIONS

Source: [www.hemot.eu](http://www.hemot.eu)

How to Talk to Kids and Teens About the Coronavirus

Source: Psychology Today

6 Ways to Help Teens Manage Anxiety About the Coronavirus

Source: Various