

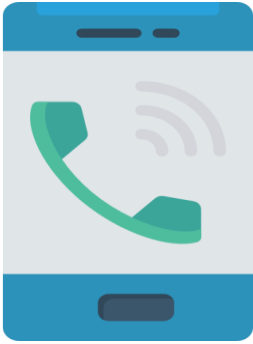
Ann Murphy's Counselor App



contact



amurphy@chicousd.org



Work-891-3066 ext 212
Cell phone 530-324-9200
8am- 3pm



Monterey Bay Aquarium

[Open Sea | Live Cam](#)



The San Diego Zoo
Check out all of the
exhibits
LIVE!!!



[Live Cams](#)

Travel the world
LIVE!



**[Live Network of
Webcams and Streaming
Video Cameras](#)**



Music and Exercise

[Relaxing Guitar Music,
Calming Music](#)

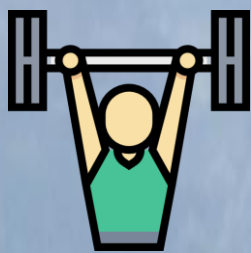


[Sounds of Rain
and Thunder](#)



[Go to the Beach and Listen
to the Waves](#)

[Spell Your Name
Exercise Fun](#)



[Roll the Dice
Fun Exercise](#)

[14 Day Workout
Program](#)



[Yoga For Teens-
Fun!](#)

[Yoga For Beginners - The
Basics - Yoga With Adriene](#)



Art Exploration



COLOR

Silk – Interactive
Generative Art

Neonflames

The Splendor of Color
Kaleidoscope Video

Sonar Festival
Set...super cool!!

Zen Photo Garden



You will be okay...It is called a Panic attack.



Talk to an adult or reach out to the Chico Junior Counseling Department

Use this Video to Stop a Panic Attack Just Breath

[How to Get Through a Panic Attack | Lifehacker](#)

how to survive a panic attack

crazyheadcomics

focus on your breathing
hyperventilating makes your symptoms worse.

relax your body
muscle tension makes it harder for your body to expel stress hormones

recognise that you're having a panic attack
you are not dying, or going crazy. this feeling will pass

remember
that a panic attack always ends, it usually lasts 10-30 minutes

distract your senses
touch something soft, smell something nice, look at something that makes you happy, listen to calming sounds or music

don't be afraid to get professional help
if you experience debilitating and recurring attacks



Depression or Sadness??

**Calm Yourself With
Breath**

**Deep Breathing
Exercises for Kids**

Depression (in Teens) KidsHealth

What does teen depression look like?

**Identifying and helping
with Teen Depression**



**Talk to an adult or
reach out to the
Chico Junior
Counseling
Department**



Resources

Dial **911** for an Emergency

Butte County Mental Health
[Help in Crisis](#)

**Youth Mental Health Services in
Butte County**
<https://www.buttecounty.net/behavioralhealth/chico>

**Homeless Emergency Action
Response Team**
<http://www.youth4change.org/?page=heart>

211

24 hour help lines

<http://helpcentral.org/24-hour-hotlines/>

