



**FCAAP Forums 2021** Exclusively Sponsored by: **PCC** Pediatric EHR Solutions



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Florida Chapter of the  
American Academy of Pediatrics

## Practical Coping Tips for Patients, Caregivers & Providers

**Thursday, February 18 - 12:30pm EST**

**CME Details & Free Registration at [bit.ly/FCAAPForums2021](http://bit.ly/FCAAPForums2021)**

### Post-Session Mental Health Resources

#### Referrals:

- PsychologyToday.Com
- Via insurance provider (website or 1-800 #)
- APA Psychologist Locator – Locator.APA.Org
- Major University’s Psychology Departments (Search for Psychology Services)
  - o Nova Southeastern University (954) 262-4100
  - o FAU 561-297-3540
  - o UM (305) 284-2814

#### Mindfulness and Meditation Apps:

- |               |                   |              |           |
|---------------|-------------------|--------------|-----------|
| - Headspace * | - Breethe. * free | - Calm       | - Insight |
| w/NPI #       | - Buddhify        | - Meditation | Timer     |
| - Aura        |                   | Studio       |           |

#### Music: The research concluded these tracks to be the most effective in reducing stress and anxiety

- |                              |                                 |
|------------------------------|---------------------------------|
| - Marconi Union – Weightless | - Barcelona – Please Don’t Go   |
| - Airstream – Electra        | - All Saints – Pure Shores      |
| - Enya – Watermark           | - Mozart – Canzonetta Sull’aria |

#### Parenting Books:

- |                              |   |
|------------------------------|---|
| - Parenting SOS: Linda Clark | - Scaffolding Effect : Harold Koplewicz |
|------------------------------|---|

#### Podcasts:

- |                       |                             |
|-----------------------|-----------------------------|
| - Raising Good Humans | - Mindfulness for beginners |
| - Happiness Lab       | - The Science of Happiness  |

Instagram and YouTube accounts that elicit calming response:

- Calming pottery or memorizing calligraphy/painting
- Wise words; positive affirmations

Additional Evidence Based Strategies:

- Start a gratitude journal, a memoir, Drawing/writing journal
- Track mood daily; rate it; discover what helps/doesn't. Apply what you learn the next day
- Progressive muscle relaxation / Scan your body
- Mindful meditation / Guided Imagery
- Diaphragmatic breathing/ Focused Breathing

Important Hotlines:

- 1-800-273-8255 (1-800-273-TALK) - National Suicide Prevention Lifeline
- 1-800-784-2433 (1-800-SUICIDE) - National Hopeline Network
- 1-866-488-7386 (1-866-4.U.TREVOR aimed at gay and questioning youth)
- Crisis Text Line -- Text HOME to 741741
- Gay & Lesbian National Hotline -- 1-888-THE-GLNH (1-888-843-4564)
- National Runaway Safeline -- 1-800-RUNAWAY (chat available on website)
- Teenline -- 310-855-4673 or text TEEN to 839863 (teens helping teens)