

Early Life Stress and Resilience Program Trauma Resources and Interventions to help Children and Adolescents

The Early Life and Stress and Resilience Program (ELSRP) offers a compiled list of resources and interventions on various types of trauma and holistic approaches to stress management techniques or skills. This resource list is created for those individuals taking care of children and adolescents, who are impacted by trauma, crises, and disasters. The resources are organized by topic. The italics indicate the source and/or org name. The titles and descriptions have a hyperlink directing you to the actual resource. We have added a compassion box as a mechanism to start the exploration of our package. If you are experiencing a life-threatening emergency or feel like you may be of harm to yourself or others, please contact your local hotlines or access national hotlines ([U.S. Emergency 911](#) and [Suicide Prevention 988](#) found here).

Compassion Box: often we are first responders to crises and offer empathy and non-judgment to others. The compassion box is meant to focus on first responders/providers/caregivers/educators' restorative and soothing self-care strategies before engaging in care for others:

- [Why it's important to practice Self Compassion with Veronica Alvarez](#)
- [Stanford Medicine's Center for Compassion and Altruism Research and Education \(CCARE\)](#)
- [Meditation: RAIN with Tara Brach](#)

Building Resilience

1. *Stanford ELSRP*, [Building Resilience in Our Children for the Aftereffects of COVID-19](#)
2. *Stanford ELSRP Article*, [Resilience by design: How nature, nurture, environment, and microbiome mitigate stress and allostatic load](#)
3. *Healthy Children*, [Building Resilience](#)
 - [Attending Funerals or Memorial Services](#)
 - [Building Resilience in Children](#)
 - [Childhood Adversity: Buffering Stress & Building Resilience](#)
 - [Childhood Grief: When to Seek Additional Help](#)
 - [Childhood Trauma: 3 Ways to Help Kids Cope](#)
 - [Creating Calm: How to Talk With Your Child When They're Stressed](#)
 - [Creating Positive Experiences for School-Age Children](#)
 - [Creating Positive Experiences for Teens](#)
 - [Creating Positive Experiences for Toddlers & Preschool-Age Children](#)

Mindfulness, Managing Stress, and Self-Care

1. *Stanford ELSRP*, [ELSRP Virtual Meditation Library](#)
2. *American Academy of Pediatrics*, [Managing Depression or Sadness: Tips for Families](#)
3. *Pure Edge Inc. Brain Breaks*, [The Video Library takes you through 2-to-9-minute video tutorials that will help bring success through focus and a sense of calm.](#)
4. *Pure Edge Inc. Virtual Classes*, [Virtual Pure Edge Mindful Movement Classes - videos of emotional regulation for kids and youth](#)

General Trauma

1. *Stanford ELSRP*, [Resources for parents and children with anxiety \(books and websites\) more long-term supplemental resources](#)
2. *Stanford Psychiatry and Behavioral Sciences*, [Stanford's Heard Alliance Toolkit - Resources for parents on topics such as social media, suicide prevention, substance abuse, depression, etc](#)
3. *Children Health Council*, [Five Ways to Help Children Cope in a Violent World](#)
4. *The National Child Traumatic Stress Network*, [Resources ranging from Refugee Trauma, Natural Disasters, Culture and Trauma, sharing power, and more](#)
5. *Healthy Children*, [How to Help Children Build Resilience in Uncertain Times](#)

War Trauma (find resources in Hebrew, Arabic, Russian, and Amharic)

1. *Stanford ELSRP*, [Building Resilience in Ukrainian Students: Understanding the Impact of Stress and How to help our youth and ourselves manage it](#)

2. *American Psychological Association*, [Resilience in a time of war: Tips for parents and teachers of elementary school children](#)
3. *American Psychological Association*, [What is trauma? Coping with the trauma of war in the Middle East](#)