



Prepared as part of the Calgary Black Seniors Foundation
Intergenerational Mental Health & Social Connection Toolkit

Coping & Resilience Strategies

Coping strategies help regulate emotions, manage stress, and build resilience during difficult moments. Whether you are a senior navigating life transitions or a youth balancing school, work, and identity pressures, these gentle tools support daily well-being. Below is a curated list of videos and websites offering simple breathing exercises, grounding techniques, mindfulness guidance, and culturally relevant coping resources.

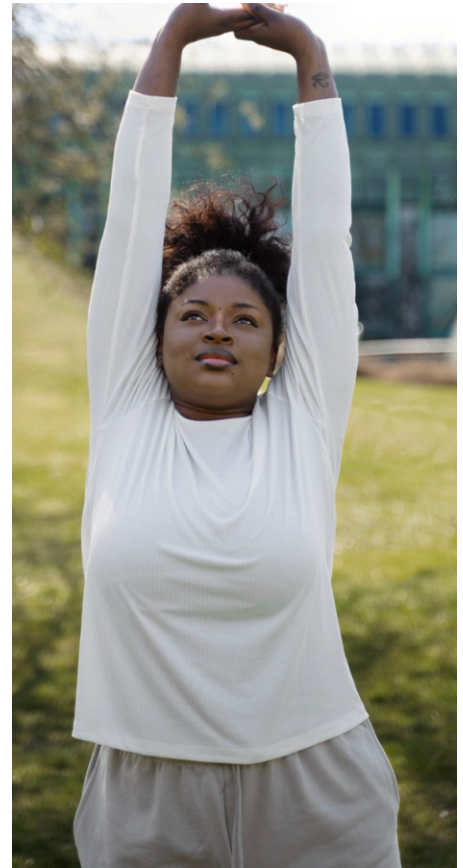
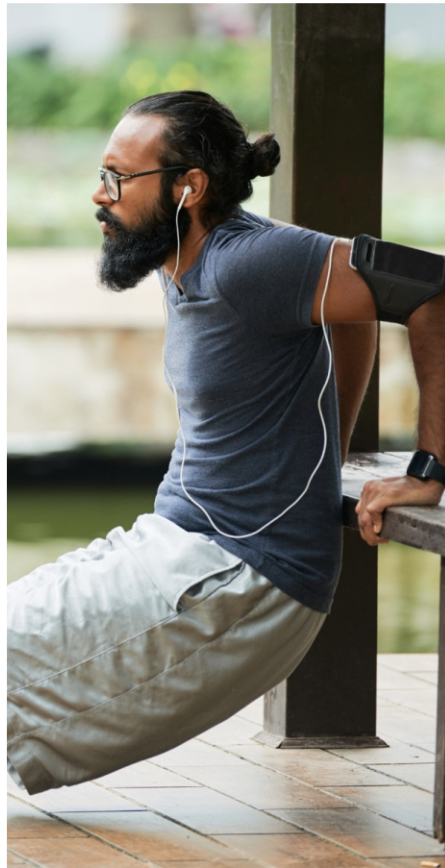
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Breathing & Grounding

- [Belly Breathing Techniques \(Anxiety Canada\)](#)
- [5-4-3-2-1 Grounding Exercise](#)
- [Hand Over Heart Anxiety Reduction Technique \(YouTube Video\)](#)
- [Calming Breath: 4-7-8 Breathing Method \(YouTube Video\)](#)

Mindfulness & Relaxation

- [Jon Kabat-Zinn 5-Minute Mindfulness \(YouTube\)](#)



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- **Youth-Friendly Tools**
 - Kids Help Phone
 - Anxiety in Youth - Anxiety Canada
 - Youth Mental Health
- **Senior-Friendly Tools**
 - CMHA Stress & Aging
 - Top 10 Wellness Apps for Seniors
 - Canadian Coalition for Seniors Mental Health
 - Anxiety and Older Adults
 - Strategies for Managing Anxiety (YouTube Video)