PSYCHOLOGICAL TIPS FOR MANAGING ANXIETY ASSOCIATED WITH CORONAVIRUS

Understandably, you or those around you may have questions and concerns about Coronavirus. If you would find it helpful to talk with a mental health clinician about your concerns, we are open Mon – Fri, 8 am – 5 pm by appointment and by phone for after-hours emergencies. Walk in hours are 2-3:30pm, Mon, Tues, Wed & Fri. In addition, the tips below can help you manage stress and anxiety that can arise.

PSYCHOLOGICAL TIPS

- **Acknowledge reactions.** Allow yourself time to reflect on what you are feeling & how you may be reacting to any fears or uncertainties of the future.
- **Maintain your day-to-day normal activities** and social outlets as much as you can. Resist withdrawing and isolating yourself from the support and caring that others can provide.
- **Seek accurate information** from The Centers for Disease Control and Prevention and limit exposure to social media and news reports that provide no new information.
- **Pay attention to positive news** instead of only focusing on negative & fear-producing reports.
- **Follow the protection and prevention tips** given by medical professionals such as Student Health here on campus, national medical authorities, and your own medical doctor.
- **Practice calming rituals:** Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.
- **Seek supports & use campus resources.** Reach out to friends and family and learn about campus resources. If you or someone you know has distress that does not seem to be getting better, talk about it with others or reach out to counseling. Your campus community is here to help!

AVOID STIGMATIZING OR GENERALIZING

- Be aware of your attitude change or behavior toward others from another country.
- Avoid generalizing anyone who is sick as having the Coronavirus.
- Examine any irrational or rigid thoughts that can exist when there is uncertainty.

Recognizing Distress Self Checklist

- Increased anxiety, worry, fear, and feelings of being overwhelmed
- Depressive symptoms (intense sadness, irritability, lethargy, loss of pleasure, etc.) that persist and/or intensify
- A new inability to concentrate or focus
- A feeling of hopelessness and/or a paralyzing fear about future
- Sudden disruptive behaviors and anger or noticeable changes in personality
- Changes in sleep, either getting too much or not enough sleep
- Changes in appetite and eating behaviors
- Excessive crying
- Isolating or withdrawing from others, fear of going into public situations
- Unhealthy coping (increased drug or alcohol use, engaging in risky/impulsive behaviors)