



## **Tips for Managing Coronavirus Concerns**

### **Recognizing Distress**

Recent news reports about the coronavirus, travel restrictions, and concerns for our own and our loved ones' health may contribute to increased mental and emotional health distress. Please reach out to our office or other campus resources if you (or another student you know) are experiencing any of the following:

- Increased anxiety, worry, fear, and feelings of being overwhelmed
- Depressive symptoms that persist and/or intensify
- Inability to focus or concentrate accompanied by decreased academic performance
- Sudden anger and disruptive behaviors or noticeable changes in personality
- Isolating or withdrawing from others, fear of doing into public situations
- Unhealthy coping (e.g. increased alcohol or drug use, engaging in risky/impulsive behaviors)
- Sleep difficulties
- Excessive crying

### **Psychological Health Tips**

- Acknowledge your feelings and emotions. Allow yourself time to reflect on what you are feeling and how you may be reacting to or coping with these feelings.
- Maintain your day-to-day normal activities and social outlets. Resist withdrawing and isolating yourself from the support and caring that others can provide.
- Seek accurate information from "The Center 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 and fear-producing reports.
- Follow the protection and prevention tips given by medical professionals such as the Health Center here on campus, national medical authorities and your own medical doctor.

### **Mutual Trust, Respect, Civility & Dignity**

Counseling and Testing Service is aware that fear and anxiety can lead to mistrust, bias, prejudice, discrimination, stereotyping and micro-aggressions. In an effort to maintain and promote mutual trust, respect, civility and dignity in our community, please consider practicing the following:

- Be aware of your behavior or attitude change towards others from another country.
- Avoid making generalizations about students, faculty or staff who may be sick, protecting themselves from getting sick, and/or from abroad.
- Examine any irrational or rigid thoughts that can exist when there is uncertainty.
- Practice and seek good healthcare if you believe you are sick.
- Listen and attend to each other with empathy, kindness and compassion.

### **Counseling and Testing Service**