

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.



Pay attention to positive news instead of only focusing on negative and fear-producing reports.

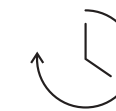
Please reach out to our office at (208) 282-2130 or other campus resources if you (or another student you know) are experiencing any of the following:

- 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 going into public situations
- Unhealthy coping (e.g. increased alcohol or drug use, engaging in risky/impulsive behaviors)
- Sleep difficulties
- Excessive crying

COVID-19 stressing you out? You're not alone.

Practice these coping tips
and visit
isu.edu/coronavirus-stress

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.



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.