



TAKING CHARGE OF STRESS AND ANXIETY

The coronavirus outbreak and the escalating measures taken to manage the pandemic may cause high levels of stress for us all. Fear and anxiety about illness, as well as the uncertainty and changes that affect our work, can be overwhelming. However, there is always something you can do to address these feelings.

CHANGE YOUR THINKING



CHANGE YOUR BEHAVIOR

- Stay connected to your loved ones
- Maintain a regular daily routine
- Ask for help if you need it
- Pause and focus on the present moment
- Try a relaxation or meditation technique
- Watch something funny or inspirational about the situation
- Find ways to help others
- Take care of yourself. Eat healthy, exercise, and avoid excessive substance use
- Limit your exposure to news about the virus

SEEK PROFESSIONAL HELP IF:

- Your worry feels uncontrollable and unmanageable
- You are experiencing high levels of distress at home, at work or in relationships
- The situation is triggering previous painful issues
- You are having extreme difficulty sleeping or managing normal daily activities
- You find yourself using substances like tobacco or alcohol excessively

BROUGHT TO YOU BY THE DEPARTMENT OF PSYCHOLOGY AND THE CENTER FOR STUDENT WELL-BEING