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

- Accept that feeling anxious is a natural response to uncertainty
- Appreciate anxiety as an alert that helps you find ways to address stressors
- Separate real risks from the unlikely threats your mind is creating
- Remember that you can choose how you respond to stressful situations
- Focus on taking it one day at a time
- Recognize that this is temporary and will pass
- Ask yourself what good you can make out of all this
- Remind yourself of challenges you have overcome before
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CHANGE YOUR BEHAVIOR

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

Faculty in need of assistance should contact the Psychological Counseling Services and Training Center.

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