

## Psychological Tips for Managing Coronavirus Concerns

**Understandably, you or those around you may have questions and concerns about Coronavirus (COVID-19).** If you would find it helpful to talk with a mental health clinician about your concerns, call us at (934) 420-2006 or e-mail [cmhs@farmingdale.edu](mailto:cmhs@farmingdale.edu). In addition, the following tips can help you manage stress and anxiety that may arise in the midst of uncertainty or fears about health and personal safety.

### Everyday Mental Health

- \***Acknowledge reactions.** Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears or uncertainties of the future.
- \***Maintain your day-to-day activities** as much as possible while socially distancing. Set a schedule for sleep, exercise, and studying. Take walks, jog outdoors or work out. Make a [study plan](#) that breaks large tasks into smaller steps.
- \***Connect with friends, family, and classmates** to maintain your support network while socially distancing. Resist withdrawing and isolating yourself from the support and caring that others can provide.
- \***Seek accurate information** from [Centers for Disease Control and Prevention](#) and [limit exposure to news](#) reports that provide no new information and social media.
- \***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 [Health and Wellness](#) here on campus, national medical authorities, and your own physician.
- \***Practice calming rituals:** Use [stress management](#) and [relaxation techniques](#) to help you maintain an internal sense of stability and balance when outside events feel threatening.
- \***Seek support and use campus resources.** Reach out to friends and family and learn about campus resources. If you or someone you know has significant distress that doesn't seem to be improving, talk about it with others or contact Campus Mental Health Services. Your campus community is here to help!

### Avoid Stigmatizing or Generalizing

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

### Recognizing Distress: A Self-Checklist

- ✓ Increased anxiety, worry, fear, and feelings of being overwhelmed
- ✓ Depressive symptoms (e.g., intense sadness, irritability, lethargy, loss of pleasure etc.) that persist and/or intensify
- ✓ A new inability to focus or concentrate
- ✓ A feeling of hopelessness and/or paralyzing fear about the future.
- ✓ Sudden anger and disruptive behaviors or noticeable changes in personality.
- ✓ Changes in sleep patterns- 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 (e.g. increased alcohol or drug use, engaging in risky/impulsive behaviors).