

MANAGING FEARS AND ANXIETY AROUND CORONAVIRUS

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings, and reactions. Below is some helpful information and resources.

COMMON REACTIONS

Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- Anxiety, worry, panic
- Feeling helplessness
- Social withdraw
- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body

WAYS TO MANAGE FEARS & ANXIETIES

Although Coronavirus is a health issue that is being taken very seriously by the campus and public health authorities worldwide, do not let your worry about this virus control your life. There are many simple and effective ways to manage your fears and anxiety. Many of them are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

- **Get the facts.** Stay informed with the latest health and campus information through the Health Sciences Center newsroom. For further information see the dedicated CDC website.
- **Keep things in perspective.** Limit worry by lessening the time you spend watching and listening to upsetting media coverage. Although you'll want to be informed, try to focus on things you have control over.
- **Be mindful of your assumptions about others.** Someone who has a cough or fever does not mean that they have the Coronavirus.
- **Stay healthy.** Adopting hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly before eating, touching your face, or rubbing your eyes can help prevent the spread of germs. When sneezing or coughing, use your sleeve or a tissue. Try to avoid touching your eyes, nose, and mouth and contact with others who are sick. Please stay home when you are sick as well.
- **Keep connected/ Seek additional help.** Maintaining your social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress. Individuals who feel an overwhelming amount of worry or anxiety can seek additional professional mental health support.