



## **Psychological Tips for Managing Coronavirus Concerns**

The following information contains tips and resources to help you cope with stress in response to the COVID-19 outbreak.

### **Your campus community is here to help!**

#### **Recognizing Distress: Are you 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
- A feeling of hopelessness and/or a paralyzing fear about the future
- Sudden anger and disruptive behaviors or noticeable changes in personality
- Sleep difficulties
- Crying more than typical
- Isolating or withdrawing from others, fear of going to public situations
- Unhealthy coping (e.g. increased alcohol & drug use, engaging in risky/impulsive behaviors)

#### **Tips for Psychological Health**

- Acknowledge reactions  
Allow yourself time to reflect on what you are feeling, and how you may be reacting to any fears and uncertainties about the future. Give yourself time and be patient with any changes in your emotional state. Consider keeping a journal of your thoughts and feelings.
- Maintain your day-to-day normal activities and connect with supportive friends and family  
Prioritize sleep, healthy eating, enjoyable physical activities and hobbies. Avoid alcohol and drugs as a way to self-medicate. Resist withdrawing and isolating yourself from the support that others can provide. Consider seeking social support through phone or technology.
- Limit exposure to social media and news reports providing no new information
  - Here are links for updated information on the Coronavirus:
    - **Centers for Disease Control and Prevention:** <https://www.cdc.gov>
    - **County of Sonoma:** <http://sonomacounty.ca.gov/Employee-Resources/News/Update-on-Coronavirus-COVID-19>
  - Pay attention to positive news
    - Shift your focus away from negative, fear-producing social media and reporting.
- Follow the protection and prevention tips given by medical professionals, with your own physician, or on campus at the:
  - **Student Health Center:** <http://health.sonoma.edu/health-topics/infectious-diseases/coronavirus>
- Practice calming rituals: yoga, stretching, walking, have a cup of herbal tea, enjoy a comedy or pick up a good book.  
Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening. Recall what has helped you cope with any previous stressful situations, make a list of these things and make time to do them.

## **Seek Support and Use Campus Resources**

- CAPS Main Phone, including after-hours phone support, (707) 664-2153
- Reach out to friends and family and learn about available resources.
- If you or someone you know has high distress that does not seem to be lessening, talk about it with others or come to CAPS.
- **CAPS Online:** <https://web.sonoma.edu/counselingctr/resources.html>
- **Sonoma Country Crisis Line:** (707) 576-8181
- **National Suicide Prevention Lifeline:** (800) 273-8255
- **2-1-1 County of Sonoma Resource Hotline:** Call or Text 2-1-1
- **SSU Coronavirus Response:** <https://news.sonoma.edu/coronavirus-covid-19-information>

## **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 COVID-19
- Examine any irrational or rigid thought that can exist when there is uncertainty

