

Some Resources to Help You Cope

For students who remain on center:

- Talk to your Counselor or another staff member you trust
- Make an appointment with Wellness

If off center:

- Call SAMHSA's Disaster Distress Helpline
(800) 985-5990
TEXT: "TalkWithUs" to 66746
- Call National Alliance on Mental Illness (NAMI) Helpline
(800) 950-NAMI
Mon.-Fri., 10 am - 6 pm Eastern
TEXT "NAMI" TO 741741



We're all on this journey together and will get through it.

Making healthy choices about what to do and what not to do **will** make a big difference and help everyone stay **HEALTHY!**



Helping You Cope with the COVID-19 Virus Outbreak

Coping Strategies



When Bad Things Happen . . .

Everyone has been through a very stressful event in their life. The current COVID-19 (coronavirus) worldwide outbreak is an example of a highly stressful and anxiety-provoking event which may stretch your ability to cope. You may feel scared, on edge, sad, overwhelmed, angry or like you are on an emotional roller coaster. You may be afraid of catching the virus or of loved ones catching the virus. You may be thinking about how the outbreak will affect your education, training and way of life. You are not alone, and these are natural and expected reactions to a high-stress event. A variety of other reactions may occur like:

- Not wanting to do our work or go to class.
- Not wanting to be left alone.
- Going back to past negative behaviors, such as using drugs and alcohol.
- Fighting or being a lot more irritable, angry or short-tempered.
- Difficulty concentrating and remembering things.
- Having physical problems, such as not sleeping, bad dreams, not eating, headaches, and vague aches and pains.

THE GOOD NEWS IS FOR MOST PEOPLE, THESE REACTIONS GET BETTER WITH TIME!

How To Cope with the Stress of COVID-19

Here are healthy actions you can take to focus on the things you can control and make you feel safer.

Increase Sense of Control and Safety

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Check out YouTube videos on how to wash your hands properly (it's really important). <https://www.youtube.com/watch?v=seA1wbXUQTs>
- Avoid touching your eyes, nose, and mouth.
- Replace the handshake with a fist bump or elbow bump.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Avoid being in large groups of 10 people or more, especially in enclosed spaces.
- Practice staying at least 6 feet away from others.
- If you start coughing, have a fever, or feel like you have the flu, seek medical help. It's best to call your doctor or urgent care center ahead of time to let them know your symptoms.
- While on spring break, stay at home if you are sick.
- Avoid contact with those who are sick on or off center.



Stay Connected

- Connect with friends and loved ones in positive ways through video chats, phone calls, texting, and email.
- Avoid rumors and gossip. Get straight facts about the virus from the CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>



Find Ways to Be Calm



- If you are getting stressed by all the news, limit how much you watch or read, especially before going to sleep.
- Limit crisis talk on social media: People may post, tweet and express anxiety over and over, which can lead to you feeling overwhelmed and out of control. Think about unfollowing people who post things that make you upset.
- Take good care of your mind and body. Take deep breaths, stretch, meditate, listen to music.
- Be sure to eat healthy, exercise some each day, get plenty of sleep, and avoid alcohol and drugs.
- Find a FREE app to help you remain calm. Try the FREE Stop, Breathe & Think app or the Virtual Hope Box app for Android and iPhone.

Be Hopeful

- Find at least one thing to be grateful for each day.
- Give yourself small breaks from the stress of the situation by doing something you enjoy.
- Draw upon your spirituality, those who inspire you, or your personal beliefs and values.
- Change negative thoughts to thoughts that can make you feel better. Try changing "this is a terrible time" to "this is a terrible time and I can get through this".