



COPING IN OUR CURRENT REALITY

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NORMAL REACTIONS TO OUR CURRENT REALITY

Fear

Anxiety,
Worry

Grief

Anger

Frustration

Sadness

Loneliness

Curiosity

Excitement

Apathy,
Numb

Overwhelmed

IDENTIFY YOUR OWN REACTIONS: CHECK-IN WITH YOURSELF

Thoughts

- What am I thinking about today?
- What thoughts/worries keep coping up for me?

Feelings

- How do I feel today? How do I feel in the (morning)?
- What do my reactions tell me about how I feel?

Physical Sensations

- How is my breathing and heart rate?
- Where do I feel tension/relaxation?

COPING WITH COVID-19

- Protects immune system and regulates mood.
- Listen to your body's cues.
- Surround yourself with healthy foods.
- Get enough Vitamin D

Nutrition



- Improves body's ability to heal itself.
- Drinks enough water for your body shape, size, and level of activity.
- Limit alcohol and caffeine.

Hydration



- Improves brain and body function.
- Provides rest for the brain and body.
- Get 7-9 hours of sleep, or more as needed.

Sleep



- Helps burn up stress hormones.
- Improves physical and mental health.
- Get 60min of exercise daily.

Exercise



COPING WITH ANXIETY

- ❖ **Create Structure:** Structure creates a sense of predictability, stability, and control. It can also help to regulate your nervous system.
- ❖ **Limit Media Coverage Exposure:** Identify when it's easiest for you take in news, limit your exposure, and get information from reliable sources (e.g., CDC, WHO).
- ❖ **Focus on What You Can Control:** Focus on what you can do to protect yourself and make your life a little easier today. Ask yourself *"what can I do today, no matter how small, to improve the moment for me and my family?"*
- ❖ **Engage in Self-Care:** Engage in activities that help you to feel centered, competent, and calm. Engage in these activities daily to improve your ability to tolerate the moments when you don't feel calm or centered.

COPING WITH ANXIETY

Distraction

- With something that makes you feel a different emotion.
- With something you feel competent with.
- With something that draws your full attention.

Relaxation

- With something that stimulates your five senses.
- With something that relaxes your muscles.
- With something that is self-soothing and comforting.

Meditation

- With prayer
- With mindfulness
- With yoga

Breathing

- Practice deep breathing in the morning and before you go to bed.
- Take longer exhales than inhales.

COPING WITH ANXIETY

Focus on Your Body

- Engage in activity that raises your heart rate.
- Practice activities that help you notice your body.
- Notice your body without judgment.

Catharsis

- Let yourself cry.
- Talk about how you feel.
- Write about your experiences.
- Sing, Dance

Connection

- Reach out for support.
- Offer support to others.

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Get Creative with Your Alone Time

- Rest, let yourself be unproductive, give yourself time to adjust
- Get projects done that have been waiting
- Start or re-initiate a hobby
- Learn something new
- Take care of your body and mind
- Spend time getting to know your home and your community
- Re-arrange your home to give it a fresh feel
- Reflect on yourself/life to identify what you want to come back to
- Unplug

COPING WITH SOCIAL DISTANCING & ISOLATION

Get Creative with How You Connect to Others

- Write, Text, Call, Video
- Send care packages
- Drive by to say “hello”
- Play games online with friends
- Video chat while cooking
- Watch the same movie while on the phone to discuss
- Do activities together while 6 feet apart (e.g., go for a run)
- Donate to others less fortunate
- Volunteer

COMMON SYMPTOMS OF ANXIETY & DEPRESSION

Anxiety

- Difficulty concentrating
- Physical tension
- Restlessness
- Difficulty sleeping
- Stomach issues
- Worries that are difficult to control

Depression

- Changes in sleep patterns
- Changes in eating patterns
- Persistent low or apathetic mood
- Low energy, excessive fatigue
- Feelings of hopelessness
- Loss of interest and pleasure

MENTAL HEALTH SUPPORT

On Campus Support

- **Employee Assistance Program (EAP)**
- 5 FREE individual therapy sessions per incident
- Website: www.mylifematters.com Phone: (800) 367-7474
- Password: cougars

Off Campus Support

- **Coastal Therapy Group**
- Website: www.coastaltherapygroup.com
- COVID-19 Support Group, Wednesdays at 4:00pm, \$2-60/session



QUESTIONS? COMMENTS? | FIN