

Coronavirus Anxiety

Helpful Tips and Resources to Manage Stress

Students, faculty and staff are dealing with uncertainty and fears. We, at ASUN Counseling Center are here during this time to offer tips and resources to manage fears and anxiety around the COVID-19 Coronavirus.

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Stress and Coping

In recent weeks as information about the Coronavirus unfolds, fear and anxiety about the disease can be overwhelming and cause a wide range of thoughts, feelings and reactions.

Things to Remember

- ▶ It is normal to feel a wide range of emotions during times like these.
- ▶ We are all dealing with sudden changes.
- ▶ It is very important to take care of yourself and love ones during this time.

Stress and Coping

Everyone reacts differently to stressful situations.

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

Helpful Tips

- Acknowledge Reactions
- Keep Things in Perspective
- Keep Connected
- Strengthen Self-care
- Seek Additional Help

Ways to manage Fear and Anxiety

Helpful Tip: Acknowledge Reactions

- ▶ Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.

Ways to manage Fear and Anxiety

Helpful Tip: Keep Things in Perspective

- ▶ Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage.
- ▶ Remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.

Ways to manage Fear and Anxiety

Helpful Tip: Keep Connected

- Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress.

Ways to manage Fear and Anxiety

Helpful Tip: Strengthen Self-Care

- During these anxiety provoking times, it's important to remember the tried and true anxiety prevention and reduction strategies.
 - Get adequate sleep
 - Exercise regularly or stretch
 - Eat healthy
 - Avoid alcohol and drugs and practice mindfulness
 - Deep breathing
 - Meditation

Ways to manage Fear and Anxiety

Helpful Tip: Seek Additional Help

- Individuals who feel overwhelming worry or anxiety can seek additional professional mental health support.

Symptoms of Distress

- ▶ Increased anxiety, worry, fear, and feelings of being overwhelmed.
- ▶ Inability to focus or concentrate accompanied by decreased academic performance.
- ▶ Changes in appetite, energy, and activity levels.
- ▶ Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- ▶ Difficulty sleeping or nightmares and upsetting thoughts and images.
- ▶ Isolating or withdrawing from others, fear of going into public situations

Symptoms of Distress

If you or someone you care about is feeling overwhelmed with emotions like sadness, depression, or anxiety; or feel like you want to harm yourself or others, please:

- Call 911;
- Go to the nearest hospital emergency room;
- Go to the local police department;
- Go to a Mental Health Clinic.

Online resources

Below are some online resources that further elaborate on the above mentioned topics:

- Mental Health and Coping during COVID-19 from the CDC

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

- Taking Care of Your Emotional Health from the CDC

<https://emergency.cdc.gov/coping/selfcare.asp>

- 7 Science-Based Strategies to Cope with Coronavirus Anxiety

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>

- Coronavirus Anxiety: Coping with Stress, Fear, and Uncertainty

<https://www.helpguide.org/articles/anxiety/coronavirus-anxiety.htm>

**ASUN Counseling Services will
continue to post tips and resources
throughout this time of crisis.**

Questions?

Need to schedule a virtual counseling appointment?

Email

counselingservices@asun.edu