

Managing fears and anxiety around Coronavirus

Adapted from University Health Services at Berkeley

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 withdrawal
- ▶ Difficulty concentrating and sleeping
- ▶ Anger
- ▶ Hyper-vigilance to your health and body

Ways to manage fears and anxiety

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 anxieties. 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 advisory at uwplatt.edu/news/update-coronavirus. For further information, see the dedicated CDC website.
- ▶ **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed—especially if you have loved ones in affected countries—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.
- ▶ **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
- ▶ **Stay healthy.** Adopt healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose, and mouth. Avoid contact with others who are sick and stay home while sick.
- ▶ **Keep connected.** Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- ▶ **Seek additional help.** Individuals who feel overwhelming worry or anxiety can seek additional professional mental health support.

More resources

Students

For students interested in support, please contact University Counseling Services. To talk to a counselor, call or leave a message at 608.342.1891. If you need to speak with a counselor urgently when UCS is closed, please call the 24/7 hotline at 800.362.5717.

Faculty and staff

The current situation may cause stress and worry for you and your family. Our Employee Assistance Program is available to UW System employees, their spouses or significant others, and their dependents. Services available may include a consultation on legal or financial concerns or help with how to handle an unexpected day care situation (e.g., child care or adult/elder care). Visit our EAP webpage, <https://go.uwplatt.edu/eap>, to learn more.