Feelings of stress and anxiety are common reactions to hearing of the COVID-19 situation. While such reactions are understandable, they can also impact mental and physical health. It is important to recognize stress reactions in yourself and others, be intentional about coping with stress in constructive ways, and understand how to access sources of support.
Anxiety and worries about your own health

Apprehension about school, work, and money

Concern for the well-being of others

Uncertainty or frustration about how long this situation will go on, and about the future

Loneliness associated with feeling cutoff from others

Boredom and irritability due to inability to engage in regular activities

Anger at the situation or the perceived negligence of others

Symptoms of Depression, such as hopelessness, disruption in sleep, and changes in appetite

Desire to use alcohol or drugs to cope

Signs of post-traumatic stress, such as intrusive distressing memories, night-mares, and being easily startled

CCP: (509) 313-2227
HEALTH & COUNSELING SERVICES: (509) 313-4052
WAYS TO RELIEVE STRESS

There are many ways that you can prioritize how you take care of yourself during this time.

1. **KEEP THINGS IN PERSPECTIVE**
   Some anxiety is normal to experience. Educate yourself on risks and precautions, and recognize that media coverage may exaggerate some dangers.

2. **GET THE FACTS**
   Centers for Disease Control and Prevention: http://www.cdc.gov
   World Health Organization: http://www.who.int/

3. **CONNECT WITH OTHERS**
   Maintaining social networks can foster a sense of normalcy and are valuable outlets for sharing feelings and relieving stress. Use the phone, email, text messaging, and social media to stay connected.

4. **DRINK WATER**
   The CDC indicates that water intake amounts varies based on age, sex, etc. However, water helps control your body temperature, supports joints, protects your spinal cord, and eliminates wastes throughout your body (CDC, 2016).

5. **EAT HEALTHY FOODS**
   Increase intake of vegetables, fruits, grains (half being whole grain), fat-free & low-fat dairy, healthy oils. Limit foods with salt, saturated & trans fats, and added sugars. (HHS.gov, 2020). Also, avoid excessive use of caffeine and alcohol.

6. **LAUGH**
   Watch your favorite comedies, engage in activities that bring you joy, call the friend that makes you laugh so hard that you cry, and search for the best memes around to bring laughter to others.

7. **SLEEP & EXERCISE**
   Prioritize getting enough sleep. Exercise to the extent you are able. Get outside, if possible.

8. **ENGAGE**
   Participate in relaxing activities such as deep breathing, yoga, pleasure reading, crafting, etc.

Visit the Wellness Toolbox to find additional tools to prioritize your well-being: www.gonzaga.edu/wellnesstoolbox