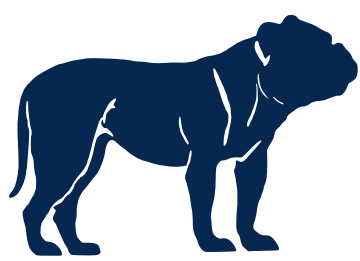


COPING WITH STRESS & SUPPORTING MENTAL HEALTH DURING THE COVID-19 SITUATION

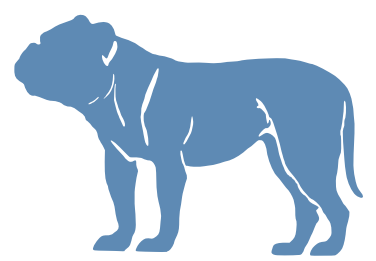
CENTER FOR CURA PERSONALIS & HEALTH AND COUNSELING SERVICES



6 Feet



Social Distancing



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.

WE ARE STILL
HERE
FOR YOU!

National Suicide Prevention
Lifeline: 1-800-273-8255

Crisis Text Line at 741-741

For immediate risk call 911

Hours below are subject to change.

center for cura personalis

- AVAILABLE FOR SUPPORT MONDAY-FRIDAY, 8 A.M.-4:30 P.M.
- (509) 313-2227
- CCP@GONZAGA.EDU

health & counseling services

- MONDAY-WEDNESDAY & FRIDAY: 8 A.M.-4:30 P.M.,
- THURSDAY: 10:15 A.M.-4:30 P.M.
- (509) 313-4052

UNDERSTANDING COMMON REACTIONS

While everyone reacts differently to stressful situations, such as situations that require social distancing, quarantine, or isolation, some common reactions include those listed below.



1

Anxiety and worries about your own health

2

Apprehension about school, work, and money

3

Concern for the well-being of others

4

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

5

Loneliness associated with feeling cutoff from others

6

Boredom and irritability due to inability to engage in regular activities

7

Anger at the situation or the perceived negligence of others

8

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

9

Desire to use alcohol or drugs to cope

10

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

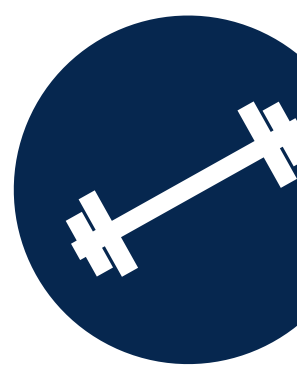
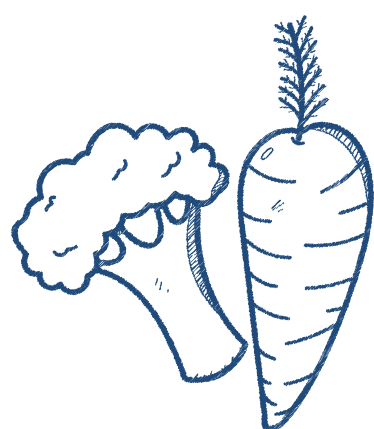
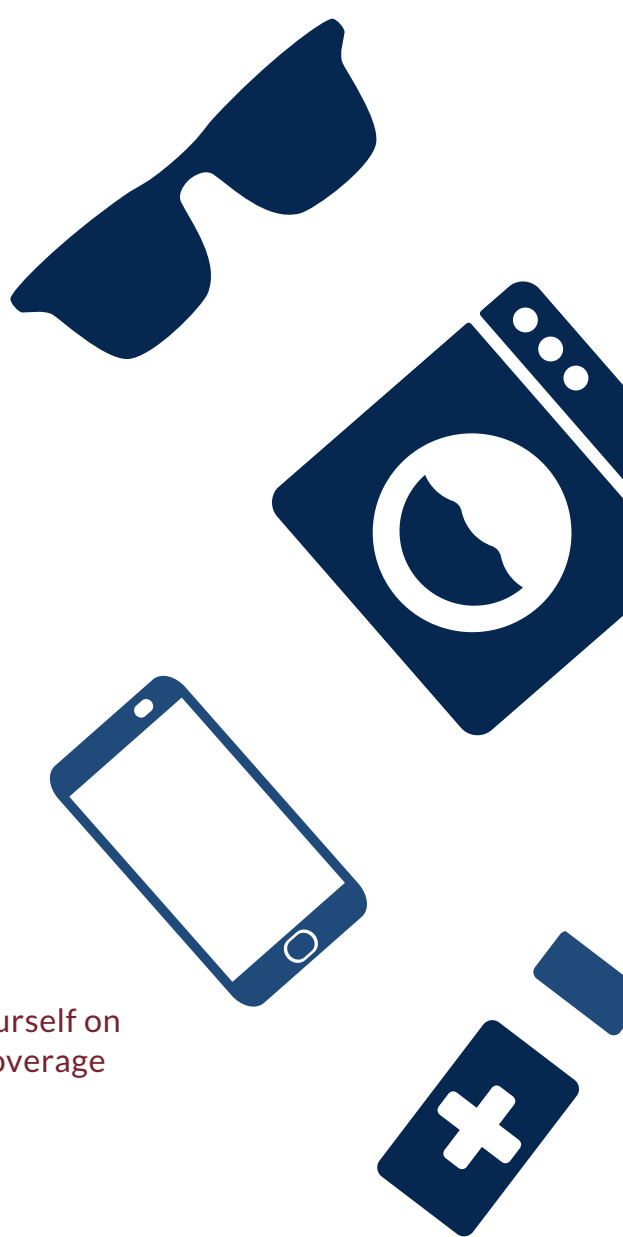
Watch your favorite comedies, engage in activities that bring you joy, call the friend that makes you laugh so hard that you cry, and search for the best memes around to bring laughter to others.

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