

# Tips for Managing Stress & Concerns Related to Coronavirus

**Due to continuing news reports regarding the coronavirus, in addition to possible concerns for our own or our loved ones' health, an increase in mental/emotional health distress may occur.**

**Below you will find information to contact campus resources for support as well as tips for managing emotional responses related to coronavirus.**

## **A Self-Check List to Assess for Distress:**

- Increased/excessive worry, fear, or feelings of being overwhelmed
- Significant changes in sleep and/or appetite
- Depressive symptoms such as persistent sadness, tearfulness, or loss of interest in pleasurable activities
- Isolating/withdrawing from others, fear of going into public situations
- Inability to focus or concentrate resulting in decreased academic or work performance or ability to complete daily activities
- A feeling of hopelessness and/or paralyzing fear regarding the future
- Impulsive, risky, or unsafe behaviors such as increased substance use, self-injury, etc.
- Thoughts about death, dying, and/or suicide

## **Support Resources Available at DePauw University:**

- **Counseling Services**
  - 765-658-4268
- **DePauw Health**
  - 765-658-4555
- **Student Academic Life Office**
  - 765-658-4270
- **Center for Diversity & Inclusion-International Student Services**
  - 765-658-4850
- **Center for Spiritual Life**
  - 765-658-4076

## **Tips for Managing Stress and/or Emotional Responses:**

- Seek accurate information from reliable sources (e.g. <https://www.cdc.gov/coronavirus/2019-ncov/index.html> or <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>)
- Follow protection and prevention tips provided by qualified medical professionals including DePauw Health
- Try to maintain normal day-to-day activities and routines in addition to staying connected to others to aid in maintaining a sense of normality and to provide opportunities to seek/receive support
- Engage in healthy coping strategies to relieve stress (e.g. breathing exercises, taking a walk, exercise, listening to music, meditation, etc.)
- Avoid increased substance use and/or other unhealthy methods of coping
- Limit exposure to social media or news sources not providing new or accurate information
- Utilize campus resources for support

**While fear and anxiety may perpetuate bias, mistrust, stereotyping, prejudice, and microaggressions, DePauw University continues to be committed to promoting and maintaining a community of respect, mutual trust, dignity, and civility. To support our efforts we encourage you to consider the following:**

- Be mindful of your behaviors, thoughts, beliefs and/or biases about international students, faculty, and/or staff (e.g. avoiding others solely for international background, making hateful comments, etc.)
- Avoid making generalizations about those who may be sick or engaging in practices (e.g. wearing a mask) to prevent or protect from sickness
- Everyone responds to stress/stressful situations differently. Listen and attend to one another with empathy, kindness, and compassion
- Follow protection and prevention tips to the best of your ability and seek out appropriate healthcare in a timely manner if you believe you may be sick
- To report a bias incident involving harm, hate, or violence, please visit <https://www.depauw.edu/studentacademiclife/campus-safety/bias-incident-resources/reporting-bias/>