

MANAGING ANXIETY AROUND CORONAVIRUS

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings, and reactions.

Things you may be experiencing:

- Difficulties concentrating
- Feeling frustrated, annoyed or angry
- Persistent feelings of threat to your health
- Anxiety, worry, panic
- Difficulties sleeping
- Feeling helpless or powerless
- Feeling isolated from others or feeling lonely

Ways to cope:

- **Get the facts.** Stay informed with the latest health and campus information through: <https://www.vcccd.edu/news/vcccd-alerts>
- **Taking news/social media breaks** to limit worry and agitation.
- **Take care of your physical health.** Adopt healthy hygienic habits. Avoid contact with others who are sick and stay home while sick.
- **Be mindful about your assumptions about others.** Self-awareness is important in not stigmatizing others in our community
- **Keep connected.** Maintaining social networking can be valuable outlets for sharing feelings and reducing stress.
- **Seek additional help.** Professional support can be helpful in reducing worry or anxiety.

WHERE TO GET HELP:

On-campus (**we will still be open**) at the Student Health Center – located in the Administration building.

☎ Call 805-378-1413

If you are not comfortable coming for in-person appointment, we can also provide mental health referrals via phone.

☎ Call 805-378-1413

Call 800-SUICIDE to talk with a counselor or Text "COURAGE" to 741741 for free 24/7 confidential support

For online video-based counseling through USC, Call (866) 740-6502

Download CALM, Headspace, or Liberate Apps for guided meditation