

Managing Anxiety About Coronavirus



Pandemic Freakout!!

- In this age of information overload about coronavirus, it is completely normal to feel overwhelmed by panic, anxiety and worry---on top of all the other things you have to stress about.
- We will share 5 tips to help you manage your anxiety, as well as give you some resources to access if you feel like you can't do it on your own.

Tip #1: Trust Your Sources

- We get a lot of our news from social media (Facebook, Instagram, Twitter, etc.), and it can be very important to think critically what sources we can trust. Panicking about inaccurate information is a waste of time!
- The University of Miami has set up a coronavirus [website](#) to help aggregate information and direct you to reliable sources and ideas for what you can do to keep yourself safe. It also has the latest news around class schedule and academic calendar. It is up-to-date with information that university has received from the CDC and health department.
- news.miami.edu/coronavirus

Tip #2: Take News Breaks

- “Staying on top of the news” is one way our brain likes to feel in control of an out of control situation, but it’s a shortcut to more stress and worry!
- Designate 5-10 minutes in the morning and afternoon to check reliable news sources. Turn off push notifications about the news on your phone. Limit your time on places like Twitter and Facebook.

Tip #3: Focus on What You Can Control

- When things feel scary and unpredictable, it can be helpful to focus on what you can control. Here are some practical things you can do today:
 - Follow proper handwashing steps
 - Keep hand sanitizer in your bag and use it
 - Get your flu shot
 - Cover your cough/sneeze with a tissue
 - Avoid touching your face
 - Get enough sleep
 - Stay home when you are sick

Tip #4: Use Healthy Coping

- Taking break from school, work, internships and other demands on your time can be essential to feeling balanced and well, especially in a time of high stress.
- Make sure you are doing at least one thing for yourself each day. Here are some suggestions:
 - Download [WellTrack](#) from the Counseling Center's Webpage
 - Take a 10 minute walk
 - Practice meditation
 - Listen to a funny podcast
 - FaceTime a friend from home
 - Treat yourself to a fancy coffee
 - Grab some markers and color or make art



Tip #5: Get Help If You Need It

- Pay attention to yourself! If you tried tips 1-4 and your anxiety is still causing problems, come to the Counseling Center, especially if you are experiencing some of the following
 - Trouble sleeping or eating
 - Problems with focus and attentions
 - Difficulty going to class or completing work due to anxiety
- Counseling Center has walk-in hours Monday-Friday, 9am-4pm.
- Calling After-Hours Line whenever the center is closed at 305-284-5511 (Press 1), if you wish to speak with someone.
- Student Health Services is also available if you experience any physical symptoms like a cough, fever, or sore throat.



And remember....

- You are in a place where people care about you. We have lots of professionals here at UM who monitoring the situation and will make the best decisions for the UM Campus Community.