

# RESOURCES FOR COPING WITH COVID-19 QUARANTINE & ISOLATION

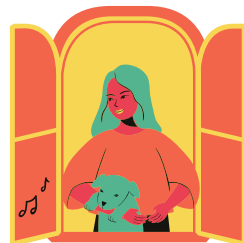
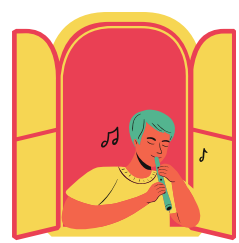
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The Counseling Center is sorry hear that you currently must physically isolate/quarantine yourself as you take care of your health. We wanted to send a quick note to let you know we are thinking of you. We understand that this may be a very stressful experience in addition to wanting to do focus on school. You may also find yourself encountering feelings of loneliness and/or anxiety. Any reaction to your situation is very normal. We believe that by focusing on what is within your control, leaning on your support system, and being intentional with your self-care will help this time pass with more ease. We hope that soon you will be on back to your preferred routine and feeling much better!

We want to make sure you know about some of the resources at the Counseling Center to help you through your current situation:

- If you want to speak with a counselor, please call **305-284-5511**. If it is after-hours, weekends, or middle of the night, please call, press 1, and you will be connected to speak with a counselor over the phone. If it is during regular business hours, the reception staff can facilitate connecting you with a counselor for a Telemental Health session.
- If you click this **link**, it will take you to our video library and you can select videos related to COVID-19. Topics deal with coping with anxiety, dealing with the stress of COVID-19 and many more.
- You can download our WellTrack app by clicking this **link**. Here you can complete modules on anxiety, depression and resiliency plus use the virtual Zen room.
- A national quarantine/isolation chat service has been established to help people connect while they are in quarantine/isolation. You can visit their site and learning more about the service by following this **link**.
- Headspace offers a \$10 membership for students with a .edu email address. Visit them **here**.
- Our **UMCC 'Cane Care Package** is our virtual care package from the Counseling Center to help students navigate these challenging times.
- Finally, our **website** has a resource page full of information about managing stress and tools to take care of yourself during challenging times.

# COPING WITH COVID-19 QUARANTINE & ISOLATION



The COVID-19 pandemic has brought about a unique set of issues and specific feelings, including grief, anxiety, uncertainty, distress, loneliness, and many others. The University of Miami Counseling Center (UMCC) recognizes that being in quarantine/isolation can be particularly stressful, and can negatively impact your mental health. We have compiled a list of coping strategies that you can refer to, to help combat this.

## Coping with Anxiety & Tolerating Uncertainty

**Recognize Signs of Frustration.** Know your physical and cognitive cues that signal when you are starting to get frustrated. Frustration stops you from thinking clearly and creatively. Take 5-10 deep breaths to stop the downward spiral and allow your wiser mind to prevail.

**Challenge Your Thinking.** Notice when a fear about your abilities occurs then push back on it by focusing on what is within your control.

**Celebrate Past Success.** The current situation may indeed be challenging. Fortunately for you, you have faced challenges before! Think back on a time when things were uncertain and you weren't sure it would work out. What strategies and skills did you use to overcome a past challenge?

**Practice Acceptance.** Acknowledge that we may not have the control to fulfill our desired outcomes. We can allow reality to be true without fighting against it, which leads to exhaustion and frustration in addition to the pain of the problem itself. Use mindfulness to help you ground yourself each time the struggle to accept arise.

Source: Bucknell University Counseling and Student Development Center

## Coping with Emotional Distress

**Remind yourself that your emotions are valid.** You may feel fear and worry about your own health and the health of your loved ones after receiving a COVID-19 diagnosis. Honor these feelings; there's no right way to respond to the challenges associated with COVID-19.

**Stay connected.** You may feel sadness, anger, or frustration because friends or loved ones have fears of contracting the disease from having contact with you. Make sure to stay in touch with your friends and family virtually, and consider talking to them about these feelings.

**Maintain your typical schedule as best as you can.** Having a schedule helps us contain emotions and feel a sense of control during a time of uncertainty. This may help with the guilt you may be experiencing from not being able to perform normal school/work responsibilities.

**Maintain perspective.** While this is a significant event for all of us, remind yourself of what's good in your life and what's important to you, such as health, friends, family, and/or academic goals.

**Engage in self-care.** Maintain a regular sleep schedule, nutrition and meals, and move your body in any way you can (e.g. home workouts, yoga, stretching). This can help alleviate the stress, anxiety, sadness, sleep disturbances, and/or other mental health changes you may be experiencing.

Source: IUPUI Counseling and Psychological Services