

# Tips for Coping with Coronavirus Disease (COVID-19) Concerns

Mid-State Technical College Student Success Counselors

<https://www.mstc.edu/student-services/counseling>

The coronavirus is triggering increased anxiety, especially with the heightened media attention. Any situation that involves quick and drastic changes with floods of information and updates can cause anxiety and distress in any individual. Know you are not alone in experiencing these feelings. Below are some helpful tips and resources.

## Common Reactions

- Excessive worry
- Feelings of fatigue
- Trouble concentrating
- Impaired Sleep
- Irritability
- Restlessness
- Increased use of alcohol or other drugs
- Fear of going out or increased isolation
- Feeling helpless

## Tip for Coping

- Get the facts: Make sure you are using factual news sources such as the CDC and be wary of information coming from social media, word of mouth, or unreliable sources
- Maintain day-to-day routines and social outlets as much as possible. Avoid withdrawing and isolating away from support and the caring that others can provide.
- Exercise to replace negative emotions with positive ones.
- Incorporate mindfulness or meditation to manage thoughts.
- Journal feelings to acknowledge them without judgement.
- Keep yourself healthy by washing hands, getting quality sleep, and eating nutritiously.
- Seek additional help, such as resources at Mid-State or within the community.