

Managing Fears and Anxiety around Coronavirus (COVID-19)

WAYS TO MANAGE FEARS & ANXIETIES

Although Coronavirus is a health issue that is being taken very seriously by the campus and public health authorities worldwide, do not let your worry about this virus control your life.

There are many simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

- **GET THE FACTS.**

Stay informed with the latest health and campus information by visiting uakron.edu/healthservices/news and www.cdc.gov/coronavirus. Information is also available at odh.ohio.gov.

- **KEEP THINGS IN PERSPECTIVE.**

Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed, especially if you have loved ones in affected countries, remember to take a break from watching the news and focus on the things that are positive in your life and things over which you have control.

- **BE MINDFUL OF YOUR ASSUMPTIONS ABOUT OTHERS.**

Someone who has a cough or a fever does not necessarily have Coronavirus. Self-awareness is important in not stigmatizing others in our community.

- **STAY HEALTHY.**

Adopt healthy hygienic habits such as washing your hands with soap and water, or using an alcohol-based sanitizer often, especially after sneezing or before/after touching your face or a sick person. Cover your mouth with a tissue or your sleeve (NOT your hand) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home if you are ill.

- **KEEP CONNECTED.**

Maintaining social networks can help you keep a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress.

- **SEEK ADDITIONAL HELP.**

Individuals who feel overwhelmed with worry or anxiety can seek additional professional mental health support. On campus resources include the Counseling & Testing Center in Simmons Hall (330-972-7082 or uakron.edu/counseling) and the Psychology Department Counseling Clinic (330-972-6714).

The University of Akron

uakron.edu/healthservices

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

PLEASE REFER TO THIS INFORMATION AND RESOURCES FOR HELP.

COMMON REACTIONS

- Anxiety, worry, panic
- Feeling helpless
- Social withdrawal
- Difficulty concentrating and sleeping
- Hypervigilance to your health and body
- Anger
- Fears about interacting with those who you perceive may be infected