Managing Fears, Stress, and Anxiety Around the Coronavirus

Right now there is lots of uncertainty around the Coronavirus which can lead to a wide range of thoughts, feelings, and reactions. Check out some of the information and resources below:

**Common Reactions**
During this time individuals can experience a wide range of reactions that and could experience periods of (Note: this is not an exhaustive list):

- Anxiety, worry or panic
- Difficulty concentrating or sleeping
- Feeling helpless, confused, or frustrated
- Anger
- Social withdrawal/isolation
- Information overload/overexposure to media
- Hyper-vigilance to your health
- Feelings of loss or grief

**Managing and Coping**

- Get the facts. Find a credible source that you can trust such as the WHO website, CDC, or local health departments.
- Limit worry by decreasing the amount of time you listen or watch media coverage regarding COVID-19.
- Talk to people you trust can help. Reach out to friends and family as needed and maintain social relationships.
- Routines are important. If you staying at home maintain a proper diet, exercise, and keep a daily schedule.
- Practice mindfulness and patience. Try asking "what now" rather than "why." Be patient with yourself and others.
- Draw on skills that have helped you in the past to manage some of the emotions you may be feeling.

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