

# 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.

**Student Health**  
308-865-8218

**Counseling Center**  
308-865-8248