



## **Counseling & Psychological Services**

### **Psychological Health and Wellness Tips for Managing Coronavirus Concerns**

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Given recent news about coronavirus, concern for your personal wellbeing or those of family members is understandable. If you have any specific, identifiable medical concerns, please consult with the Student Health Center. If you are experiencing excessive anxiety or distress regarding coronavirus, please consult with Counseling & Psychological Services

### **Recognizing**

- Increased anxiety, worry, fear, and feelings of being “overwhelmed”
- Feelings of hopeless or dread about the future
- Inability to focus or concentrate
- Poor sleep, decreased or increased appetite, or lack of hygienic self-care
- Uncontrollable and excessive crying or tearfulness
- Sudden social isolation or withdrawal/fear or avoidance of public places

### **Psychological**

- Acknowledge your feelings and emotions and validate those of others. Allow yourself time to reflect on emotions and how you may be reacting these emotions. Reflect on the fact that everyone feels and reacts differently in a variety of situations.
- Uphold your current daily routine and activities, if possible.
- Follow credible news sources. Limit exposure news that provides no new information or sensationalize facts and often generate fear-producing reports.
- Adhere to prevention tips provided by the Center for Disease Control & Prevention (CDC).
- Use your natural supports. In addition to C&PS, reach out to close family and friends to share and talk about any concerns you have pertaining to your experiences.

### **Avoid Stigmatizing/Generalizing**

- Be aware of your attitudes, thoughts, and biases about Asian students, faculty, and staff as well as those who have studied abroad.
- Avoid generalizing and blaming students, faculty, or staff who may be experiencing illness, protecting themselves against illness, and/or returning from study abroad.
- Avoid avoiding people who don't look like you based on preconceived notions of those individuals.
- Exercise flexibility of mind when it comes to uncertainty.
- Practice and seek good health care when needed!