

COPING WITH STRESS

As details about the new Coronavirus (COVID-19) emerge, you may experience a variety of feelings. Here's how to manage that anxiety and distress.



COMMON REACTIONS TO DISTRESS

- Feeling overwhelmed
- Fear of public spaces
- Excessive fear about the future
- Unhealthy coping responses, such as increased substance abuse or engaging in risky behaviors
- Anxiety
- Panic
- Difficulty concentrating or sleeping

SUCCESSFULLY COPING

Know the Facts. The University of Alabama provides campus updates at healthinfo.ua.edu. The CDC provides accurate updates at cdc.gov, as does the Alabama Department of Public Health at alabamapublichealth.gov.

Keep it in perspective. Reducing the time spent following media coverage can limit worry. Be informed, but take breaks to focus on positive things and things within your control.

Guard against false assumptions. Just because someone coughs does not mean they have a coronavirus. Be self-aware about the risk of characterizing community members.

Practice healthy habits. Wash your hands. Get a flu shot if you have not had one. Cough or sneeze into a tissue or the bend of your arm. Avoid touching your face. Stay home if you're sick.

Seek help, if needed. If you feel overwhelming worry, seek professional mental health support.

MORE RESOURCES:

Starting 3/30/2020, the Counseling Center will resume services with a number of changes to accommodate UA's current limited business operations status. We will continue to reach out to existing clients to discuss options for continued counseling (including teletherapy) and referrals. For students in crisis or experiencing an emergency, please call 205-348-3863 Monday through Friday, 8 a.m. through 5 p.m., to speak with a counselor immediately. For students experiencing urgent/crisis situations after hours, please contact UAPD at 205-348-5454 and ask to speak with the on-call counselor. If you are new to the counseling center and are interested in services, please call to discuss options with a therapist. Please visit our website to find information about current services for students, instructions for existing clients, and information for faculty and staff.

Faculty/staff may contact American Behavioral's professionally trained counselors at **800-925-5327** who can provide options, including face-to-face and over-the-phone sessions.