



MENTAL HEALTH COUNSELING & WELLNESS CENTER

Does the Coronavirus (COVID-19) have you worried?

WE ARE working with various agencies to ensure the safety and well-being of our students, staff, and faculty.

Simple steps to make yourself feel more empowered.

- **Get the facts - stay informed!**
- **Limit our exposure to the news;** if you find yourself watching a lot, take time out.
- **Be mindful** of how we look at others, example someone sneezes or coughs; it is okay.
- **Stay healthy**, adopt good eating habits, sleeping, and exercise.
- **Washing hands**, limit touching your face
- **Keep a routine**, talk with people, text friends, and share your feelings.
- **If you are sick, stay home, seek medical care if you need it.**
- **Remember, it is okay to ask for help!!!**

Coping with Media News Internet Etc.

NORMAL REACTIONS

- Worry, fear and maybe panic
- Feeling helpless
- Short-tempered or feeling more emotional, decrease in sleeping and eating
- Hyper-vigilant to seeing someone sick



Things to do:

- Feeling overwhelmed, by concerns about the Coronavirus, **limit the amount of news** you are watching and surfing.
- **Filter and limit** - do not just avoid the news; don't feel you have to read everything. Remember, experts, say staying overly connected will only increase stress.
- **Monitor level of Anxiety** - if you notice you are thinking about it, seeking information, take some breaks. Redirect your thoughts and seek professional help. Call the Counseling & Wellness Center at (201)360-4229.
- Do reality checks, **remind yourself to think realistically**, and look at factual websites.

"A reminder the mind works off of the power of suggestion, when we keep hearing about the Coronavirus, we visualize what it would be like to be sick or to have a loved one suffering, and then we get scared as the outbreak is something we cannot control."

Take your control back by:

- **Talking with someone**, via phone or text, when you are feeling anxious
- **Redirect your thoughts**
- **Use positive affirmations:**
 - I am feeling healthy
 - I eat healthily
 - I have control over me
 - I feel calm
- **Practice gratitude:** If you are feeling dark, identify positive things.
 - Create a mental list of the things you are grateful for.
- **Spend time with virtually** friends, family, your pet, school.
- Use some **breathing techniques:** www.stopbreathethink.com



REMEMBER, Anxiety is the signal that helps you prepare.

**ASK FOR HELP
- YOU ARE
NOT ALONE!**

CALL

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