

COPING DURING COVID-19

HOW TO C.A.R.E FOR YOURSELF AND OTHERS AMID A PANDEMIC

STUDENTS

C

COMMIT TO SELF-CARE

Normalize typical reactions and emotions caused by the challenges and disruption to your typical student and personal routine due to COVID-19.

Avoid negative self-judgments and self-criticisms about your ability to academically succeed via remote teaching and virtual classrooms.

Think positively, put forth your best effort, and utilize remotely-available university resources (e.g. office hours, The Writing Center, tutoring).

Consult with university faculty/staff for clarity about your academics and extracurriculars to alleviate your concerns and/or anxiety.

A

ACKNOWLEDGE YOUR FEELINGS

Know that having feelings such as isolation, loneliness, fear, uncertainty, sadness, anxiety, grief/loss, vulnerability, anger, and difficulty concentrating are common during a pandemic like the coronavirus (COVID-19).

Notice any mood changes, physical reactions, and negative thoughts. Accept your feelings and experiences as valid rather than pushing them away. Make sure your self-talk reflects encouragement that you would offer to someone you cared about.

Grieve the loss of unmet hope, dreams, expectations, and routines from this semester that have been affected by the pandemic including abrupt changes in peer interactions, relationships, canceled on-campus classes, events, and programs.

Find someone safe and trusted to talk to. Seek professional counseling from the University Counseling Center's telemental health service at (662) 915-3784 or text "HELP" to crisis text line 741741 when your emotional distress is significantly affecting your daily functioning.

R

REJUVENATE YOUR SOUL

Incorporate mental wellness into your daily routine using free mental health apps that offer meditation, mindfulness, relaxation, and deep-breathing exercises, or journal about your thoughts and feelings.

Prioritize healthy habits that you have access to that replenish your mind, body, and spirit. Eat healthy and get adequate sleep. Identify activities that provide a sense of fulfillment and relief from distress.

Connect with others and schedule virtual collective-care activities (e.g. check-ins, sharing playlists, workout sessions, hobby webinars) with your peers & student organizations. Validate their experience and make a pact to support each other throughout this challenging time.

Limit your consumption of news by choosing small windows of time to gain information. Unplug from COVID-19 news coverage and related social media when necessary to maintain a healthy well-being and minimize your stress level.

E

EVOLVE & ADAPT TO CHANGES

Reflect on past hardships and crises you have overcome. Harness your resilience, apply your grit, and focus on striving to thrive each day. Establish structure, predictability, and a sense of purpose with your new routines and what you value.

Embrace a "new normal". Accept the things you can't change and focus on what you can control in this season. Stay grounded by practicing mindfulness. Notice your sensory experiences in the moment and describe the sensations.

Be flexible and adaptable throughout this season of uncertainty as you move forward academically and with your extra-curriculars. This fosters positive mental wellness and healthy coping.

Problem-solve and set achievable goals given these new circumstances including strategies for academic success and planning towards educational/professional aspirations.



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