

COPING DURING COVID-19

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

FACULTY & STAFF



C

COMMIT TO SELF-CARE

Remember that it is typical to have a myriad of reactions and emotions caused by the challenges and disruption to your typical professional and personal routine due to COVID-19.

Avoid negative self-judgments and self-criticisms about your ability to professionally succeed via remote arrangements for work/teaching/research.

Think positively, put forth your best effort, and utilize remotely-available university resources (e.g. olemiss.edu/keep-teaching, coronavirus.olemiss.edu, NCFDD, FTDC, CETL).

Consult with deans, chairs, supervisors, and other colleagues for clarity about your academic and professional responsibilities 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 novel 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 hopes, dreams, expectations, and routines from this semester that have been impacted by the pandemic such as the changes in colleague interactions, disrupted research plans, canceled in-person classes, programs, and professional conferences or events.

Find someone safe and trusted to talk to. Seek professional counseling from the counseling center's Employee Assistance Program telemental health services 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.

Begin virtual meetings or classes with check-ins. Schedule remote collective-care activities (e.g. debriefing, workout sessions, hobby webinars) with family/friends. Validate each other's experience and encourage one another 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 strength, apply your determination, and strive 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 during this period. 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 professionally. Cognitive and emotional flexibility fosters positive mental wellness and healthy coping.

Problem-solve and set achievable goals given these new circumstances including time-management, strategies for success, and planning towards future professional activities.

