HOW TO CARE FOR YOURSELF AND OTHERS AMID A PANDEMIC

COPING DURING COVID-19

A

FACULTY & STAFF

COMMIT TO SELF-CARE

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

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

- Amid negative self-judgments and self-doubts about your ability to professionally succeed via remote working/teaching and virtual classrooms.

- Consult with deans, chairs, supervisors, and other colleagues for clarity about your academic and professional responsibilities to alleviate your concerns and/or anxiety.

- Grieve the loss of unmet hopes, dreams, expectations, and rituals from this semester that have been impacted by COVID-19 such as the abrupt changes in your colleague interactions, canceled in-person classes, programs, and professional events.

- Notice any mixed changes in physical reactions and negative thoughts about 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.

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

- Incorporate mental wellness into your daily routine using a free mental health app that offers 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., deep-breathing workshops, sunset yoga, or meditation) with family/friends. Validate each other's experience and encourage one another throughout this challenging season.

- Limit your consumption of news by choosing small portions 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.

R

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E

EVOLVE & ADAPT TO CHANGES

- Reflect on past experiences and cases you have overcome. Harness your strengths, 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 in this season. Stay grounded by practicing mindfulness. Notice your sensory experiences in the moment and describe the sensations.

- Problems solve and set achievable goals given these new circumstances in guiding time-management strategies for success, and planning toward future professional activities.

- 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.

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