COPING DURING COVID-19
HOW TO CARE FOR YOURSELF AND OTHERS AMID A PANDEMIC

FACULTY & STAFF

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 college and personal routine due to COVID-19.

Think positively, put forth your best effort, and utilize remotely available university resources (e.g., science/edu/deep teaching/continued/employees/NCSD/FTDC/CETL).

Avoid negative self-judgments and self-criticism about your ability to professionally navigate remote arrangements for work/teaching/research.

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

ACKNOWLEDGE YOUR FEELINGS

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

Given the loss of unfit hopes, dreams, expectations, and routines from this semester that have been impacted by the pandemic such as the changes in colleague interactions, disabled research plans, canceled in-person classes, programs, and professional conferences or events.

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

Find someone safe and trusted to talk to. Seek professional counseling from the counseling centers/Employee Assistance Program/mental health services at [662] 915-3749 or text "HELP" to crisisextline 741741 when your emotional distress is significantly affecting your daily functioning.

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.

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.

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.

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

EVOLVE & ADAPT TO CHANGES

Reflect on past hardships and losses 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 routines and what you value.

Be flexible and adaptable throughout this season of uncertainty as you move forward professionally, cognitively, and emotionally. Flexibility fosters positive mental wellness and healthy coping strategies.

Embrace a "new normal." Accept the changes 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.

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