



## Mental Health Counseling Services Program

### Tips for Managing Concerns and Emotions: Coronavirus

#### Recognizing Distress - A Self-Check List

- Increased anxiety, worry, fear, and feelings of being overwhelmed
- Depressive symptoms that persist and/or intensify
- Inability to focus or concentrate accompanied by decreased academic performance
- A feeling of hopelessness and/or a paralyzing fear about the future
- Sudden anger and disruptive behaviors or noticeable changes in personality
- Sleep difficulties
- Excessive Crying
- Isolating or withdrawing from others (including phone and social media contact)
- Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)

#### Psychological Health Tips

- **Acknowledge reactions.** Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.
- **Maintain your day-to-day normal activities and social outlets.** Resist withdrawing and isolating yourself from the support and caring that others can provide in person, via telephone, email, text messaging, social media, Face Time, or other virtual way.
- **Seek accurate information from “The Center for Disease Control & Prevention” and limit exposure to social media and news reports that provide unreliable information.**
- **Pay attention to positive or healthy news instead of only focusing on negative and fear-producing reports.**
- **Follow the protection and prevention tips given by health professionals such as the IVC Student Health Center, Imperial County Public Health Department, Imperial Valley Hospitals and healthcare clinics, national medical authorities and your own medical doctor.**
- **Practice calming rituals:** Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.
- **Seek supports & use campus resources.** Reach out to friends and family and learn about campus resources available. If you or someone you know has high distress that does not

seem to be lessening, talk about it with others or contact the IVC Student Health Center at 760-355-6310. Your campus community is here to help!

### **Avoid Stigmatizing or Generalizing**

- Be aware of your behavior or attitude change towards others.
- Avoid generalizing anyone who is sick as potentially having the Coronavirus.
- Examine any irrational or rigid thoughts that can exist when there is uncertainty.

### **Resources:**

- **IVC Student Health Center:** 760-355-6310
- **IVC Mental Health Counselor(s):** 760-355-5703 or 760-355-5704
- **IVC Nurse:** 760-351-3878
- **Crisis Text Line:** 741741, text “COURAGE”
- **Imperial County Crisis Line:** 1-800-817-5292
- **Centers for Disease Control and Prevention:** <https://www.cdc.gov/coronavirus/2019-ncov/index.html>