

Coping with COVID-19



Related Stress

Maintain routines as much as possible.

Whether you are staying home or participating in online learning from another location, try to maintain your typical schedule throughout the day.

Take breaks to ease your mind and distract yourself when you start to worry.

Play a game. Watch a movie. Take a yoga class. Try a meditation app. For more coping skills to consider, head to [activeminds.org/selfcare](https://www.activeminds.org/selfcare).

Avoid crowds — but stay connected. School closures can mean you might find yourself distanced from the people you would normally see on campus. If so, make the effort to stay connected through social media, email, texting, and video calls.

Practice healthy habits and the kinds of self-care that most benefit you. Prioritize getting a healthy amount of sleep, eating well, avoiding alcohol, and moving or exercising regularly.

Seek news only from reliable sources, and only in short stints. As with all things, we can find ourselves over-consuming news and updates. Try not to become absorbed in the coverage for long periods of time, and find opportunities to appropriately disconnect.

Be kind to each other. Remember that COVID-19 doesn't recognize race, nationality, or ethnicity. Wearing a mask does not mean a person is ill. Being compassionate is the best thing we can do for ourselves and our communities.

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COUNSELING SERVICES**

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