

## *Coping with the Coronavirus (COVID-19)*

*The FSU community will get through this together.*

It is completely normal to feel anxiety and uncertainty over the Coronavirus (COVID-19). You may be worried that you or someone in your family may get sick. Emergency measures taken by federal, state, and local government leaders to stop the spread of the virus have caused many disruptions in our daily lives. The disruptions may be causing financial strain on you or your families. You may have been very disappointed to learn that you were not returning to campus for the semester, and that many milestone events that were important to you had to be canceled. Having to deal with big emotions away from your school friends and support system can be difficult and result in a sense of grief and loss.

But this crisis won't last forever. *You have strengths and strong values. FSU is here to help you manage your fears, cope with stress in healthy ways, and provide support to help ensure that our entire community gets through this crisis together.*

Remember, FSU administrators and state and local leaders are working hard to keep everyone safe. Here are some things YOU can do right now to cope and move forward. *Empower yourself!*



- Try to **create a new routine**. Get up in the morning, take a shower, eat breakfast, check your classes online, do some homework, take breaks for fun, and maintain your connections with friends and family.
- **Take care of yourself!** Getting plenty of sleep, physical exercise and a healthy diet is good for your immune system and for your mental health.
- **Limit your screen time**. Don't overload on news or online information about COVID-19. It will likely increase your sense of fear and lack of control over the situation. Focus on what you can control: your own actions. Wash your hands, keep surfaces clean, and stay away from large crowds of people and those who are sick.
- **Be mindful of others**. When you are at your healthiest, you are helping to safeguard others in your family and larger community who may have risk factors that make them more susceptible to most severe outcomes of the virus. Public health officials say being considerate of community health needs will help containment efforts be the most successful.
- **Reach out in safe ways** to those who are socially isolated. Let people know you are thinking of them and that you care. Call older relatives on the phone. Check in with friends on social media or by text.
- **Manage your anxiety in healthy ways**. Use the skills described in this toolkit like deep breathing, journaling, meditation, yoga and other relaxation exercises to help you manage stress.
  - Check out breathing, relaxation audios in *Learn New Skills, & Real Talk*
  - Take a walk outside --Listen to some relaxing music.
  - Take a break by journaling, coloring, or reading -*Write to Relax*
- **Helping someone else** can help you feel better too. **Call a friend who is quarantined. Talk to your relatives and help them keep up their spirits. That will boost your morale, too!**



It is critical to know that the entire FSU community stands united and we will get through this together. Below are important on our campus to help you keep you connected to the FSU community.

Links to FSU Resources:	
<b>Coronavirus Updates</b> <a href="https://news.fsu.edu/coronavirus-students/">https://news.fsu.edu/coronavirus-students/</a>	for FSU news on COVID-19
<b>FSU Alerts</b> <a href="https://alerts.fsu.edu/">https://alerts.fsu.edu/</a>	for all important FSU Announcements and Alerts
<b>Zoom Guide</b> <a href="https://its.fsu.edu/zoom-guide">https://its.fsu.edu/zoom-guide</a>	for help with Zoom to access online classes
<b>FSU COVID-19 Health Information &amp; Services</b> <a href="https://uhs.fsu.edu/">https://uhs.fsu.edu/</a>	for FSU Student Health Updates

### Other National Resources

- To help families cope: [https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)
- Have a younger sibling or relative? The [Child Mind Institute](#) has a resource on how to talk about COVID-19.
- The Centers for Disease Control (CDC) has guidance on [managing mental health](#) and coping during COVID-19.
- How is COVID-19 spread? <https://youtu.be/VPBT2oLQv3k>
- What you need to know about handwashing <https://www.youtube.com/watch?v=d914EnpU4Fo>

We know this is a challenging situation. Remember, these disruptions will end. If you feel like you are getting **overwhelmed** with the events in your life, it may be helpful to **seek out counseling or support**. If you are not on campus, you can see your local mental health provider, or call the FSU **Crisis Services (24/7)** (850) 644-TALK (8255). If you are already are managing existing mental health

conditions, you should prioritize self-care during stressful times and should contact your clinician with questions or concerns. Text “START” to 741-741 to reach the **Crisis Text Line**. To reach the **National Suicide Prevention Lifeline**, call 1-800-273-TALK (8255).

***Remember: We are all in this together, and we will get through this together. Use the resources in the Student Resilience Project to practice and strengthen your coping and stress management skills.***