



OFFICE OF COUNSELING SERVICES

INDIANA UNIVERSITY NORTHWEST

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Coping with COVID-19 Stress and Anxiety

These current times are surely stressful and uncertain. On top of regular daily stressors that college students deal with, now there are additional sources of stress related to the COVID-19 pandemic. How can one manage this stress and anxiety in a healthy way? How can you cope? Listed below are 5 tips that can help manage these feelings:

5 daily tips for managing COVID-19 stress and anxiety:

1) Get outside, go for a walk and enjoy nature.

Allow yourself to take in the fresh air and sunshine. The days are getting warmer, which will allow for more time spent outside. As the CDC recommends, go ahead and enjoy the outside but maintain social distancing with people outside of your home.

2) Try to manage your use of social media and daily news.

Although it's important to be informed, sometimes we can be too informed. Bombardment of information can lead to increased feelings of stress and anxiety. Know your limit. Try to keep a balance.

3) Maintain your social connectedness during this time.

Whether that's through use of phone, text, email, Facetime, Zoom. It can be easy to feel lonely and isolated during a social quarantine. Keep yourself connected with important people in your life through other means of communication. Now is also a good time to either maintain or enhance relationships with people we live with.

4) Maintain some routine and schedule.

Try and do what feels somewhat "normal" to you. Whether that's getting up at the same time everyday, getting dressed, having a specific area to do your school work, etc. Keeping or establishing some routine can help us feel more in control during unpredictable times.

5) Be kind to yourself.

It's ok to feel stressed and anxious during this time. Allow yourself to feel your emotions. Try and take care of yourself by allowing yourself rest.

Perhaps it would be helpful to talk to a professional counselor about your stress and anxiety. The Office of Counseling Services remains open for current and new clients. **The process to schedule an appointment will be electronic by sending your request to the OOCs email address at iunoocs@iun.edu from your IU email address or calling 219-980-6741.** Our hours are Monday - Friday 8am -5pm. Once we receive your request for counseling you will be contacted by a counselor who will complete an intake assessment to determine the best level of service which could include TeleHealth by phone, video (Zoom Health), or a referral to one of our community providers.

Please be assured that your information will continue to be handled with the same level of professionalism and confidentiality that you would expect in person. If you are experiencing life threatening thoughts or behaviors you should: call 911, proceed to the nearest hospital emergency room, call 1-800-273-8255, 1-800-826-7871 or text 7417471.

