

Suggestions for Managing Coronavirus Concerns

Understandably, you or those around you may have some questions and concerns about the Coronavirus. The tips below can help you manage stress or anxiety that can arise during uncertainty or fears about your or loved ones' personal safety.

Recognizing Distress - A Self-Check List: Are you feeling any of the following?

- Increased feelings of worry, fear, and/or feelings of being overwhelmed
- Feeling sadder and/or irritable; not wanting to do things you typically like to do
- Difficulties with 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
- Problems getting to sleep and/or staying asleep or getting up in the morning
- Excessive Crying
- Isolating or withdrawing from others, fear of going into public situations
- Unhealthy coping (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)
- Thoughts of suicide/wanting to end your life

If you are experiencing any of the above, please seek support from a friend, staff/faculty member, and/or come to the Wellness Center. You do not have to be alone with these difficult experiences.

Tips to Care for Yourself

- **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.
- **Seek accurate information from [Centers for Disease Control and Prevention \(CDC\)](#) and limit exposure to social media and news reports that provide no new information.**
- **Pay attention to positive news [like this website](#) instead of only focusing on negative and fear-producing reports.**
- **Follow the protection and prevention tips given by medical professionals such as the Wellness Center here on campus, 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 come to the Wellness Center. Your campus community is here to help!

Campus Resources:

- Counseling Services at the Wellness Center (330.263.2319) or email lstine@wooster.edu to schedule an appointment
- International Student Services in Babcock Hall (330.263.2132)
- Dean of Students Office in Galpin Hall (330.263.2545)
- International Students can use MySSP, a free resource available anytime and anywhere that links students a licensed professional who speaks their language and understands their culture.
 - Download the free My SSP app from the Apple or Android app store
 - Visit the website us.myissp.com or Call 1-866-743-7732

Report Discriminatory or Bias-Related Harassment:

The safety, equity and inclusion of our campus is increased when our community comes together. If you have a safety concern or become aware of a discriminatory or bias-related incident, please let us know right away so we can address it immediately. You are encouraged to use one of more of the following reporting options:

- [File a report online](#) (where you may choose to identify yourself or not)
- Contact Security and Protective Services: 330-263-2590
- Call the Anonymous Tip Line: 330-263-2337
- Contact the Dean of Students Office: 330.263.2545
- Contact the Chief Diversity, Equity, and Inclusion Officer, Dr. Ivonne García: 330-263-2167.

Tips to Support Others:

- In general, avoid stigmatizing or generalizing
- Be aware of your behavior or attitude change towards others from another country
- Avoid generalizing anyone who is sick as potentially having the Coronavirus
- Examine any irrational or rigid thoughts that can exist when there is uncertainty
- If you are of another member of our community that is having difficulties related to this current event, please complete a [Care Team Referral Form](#) and a member of the team will reach out to them to provide support.



WOOSTER

Care Team

