

Ways to Cope with COVID-19 (Coronavirus) Associated Stress

Establish a Supportive Routine

Establishing a supportive routine can help both your mind and body during periods of stress. This includes maintaining a consistent schedule for sleeping, eating, moving your body, and socializing. Attend to healthy coping strategies and avoid misuse of smoking, alcohol, or other drugs to cope with stress.

Limit Information

With so much information about COVID-19 in the news and media it's easy to become overwhelmed and stressed. Try to limit your exposure to overwhelming media by setting time limits or number of times a day you are checking the news. It is best to not check the news while you are transitioning to bedtime. If you choose to read news, focus on credible, objective outlets such as [King County Public Health](#) and the [Centers for Disease Control and Prevention \(CDC\)](#). You can also refer to the [Seattle University Coronavirus information page](#) for more information about campus.

Listen to Your Emotions

There is a wide range of emotional responses during a crisis. It is normal to experience anxiety, anger, stress, and sadness. It's good to slow down and check in with your emotions. By specifically identifying your feelings, you can get a better understanding of what exactly you're experiencing, and what you need in order to cope with the emotions. Seattle University students can access the [Sanvello](#) mobile app that provides on-demand self-help tools for symptoms of stress, anxiety and depression.

Stay Connected

Stay connected with your friends and family. Sharing your thoughts and concerns with loved ones can help relieve feelings of stress and isolation. You may be trying new, creative ways of fostering connection, like watching a movie together over Skype or FaceTime, having a joint study session, or having dinner while in a video or phone call.

Extend Compassion

Remember that COVID-19 doesn't recognize race, nationality, or ethnicity. Wearing a mask does not mean a person is ill. Disrupt stigma by sharing accurate information. Extend compassion to yourself and your community. This can also help you feel less alone in what you are experiencing.

Relax

It's important to do things regularly and often that are enjoyable and relaxing to keep your overall stress level down. This could be deep breathing, meditations, reading, listening to music, going on a walk, or cooking, among many other things. Activities that are relaxing can look different from person to person. Do what comes most naturally to you for coping in times of stress. If you need some ideas, you can check out the [50 ways to take a break worksheet](#).