

# How to Cope With Anxiety About Coronavirus (COVID-19)

Feelings of fear, anxiety, sadness, and uncertainty are normal during a pandemic. Fortunately, being proactive about your mental health can help to keep both your mind and body stronger.

Ways to take care of yourself;

- Read the news only from **reliable sources**
  - Use two reliable sources (the [CDC](#) or [WHO](#)) and check only those
  - Have a designated time to check and stick to that (e.g. once in the morning, once when you get home...NOT before bed!)
- Recognize the things you *can* control, like practicing good hygiene.
- Take recommended measures emanating only from the [CDC](#) or [WHO](#)
- Practice self-care
  - Eating a balanced diet, getting plenty of sleep, and engaging in leisure activities are always key to helping you stay as physically and psychologically healthy as possible during stressful times.
  - Good self-care also keeps your immune system robust.
  - Use APPS for relaxation and mindfulness/meditation practices. You don't have to know how...these are for beginners and experts! Here are a few to try for free...  
[UCLA Mindful](#), [Smiling Mind](#), [Insight Timer](#)
- Avoid Social Media—it is inflammatory and difficult to discern what is accurate and what is hype. You may be triggered...so just leave it alone for the time being!
- **Don't isolate yourself!** If you want to practice social distancing, please *have a plan for staying in touch with family and friends* via Skype, Face Time, WhatsApp or cell phone. Isolation can cause rumination/anxious thinking to escalate.
- Maintain a sense of hope, humanity and *kindness toward others*
- Seek professional help from a licensed mental health professional if necessary (Via personal insurance, or via community clinics if uninsured, or via EAP @ 888-625-4809 for FT). For more urgent mental health concerns please use the Access/Crisis line 888-724-7240; 24/7 or Text "courage" to 741741; 24/7 or your local emergency room/911.

SD City College Student Health Center; A180  
619.388-3450 (Medical/Physical Health)  
619.388-3055 (Mental Health)

