

# ***Managing Fears and Anxiety around Coronavirus***

As updates about novel coronavirus (COVID-19) continue, people can experience a wide range of thoughts and feelings. We hope the following information will help you better understand reactions you may have and, if needed, point you to helpful resources.

## Common Reactions

Please recognize that over the next few days or weeks you may experience periods of:

- Anxiety, worry, panic
- Feeling helplessness
- Social withdrawal
- Difficulty concentrating and sleeping
- Hyper-vigilance to your health and body
- Anger

Any of these emotions or responses are completely understandable in light of the pervasive media coverage of the outbreak and concerns about its spread.

## Ways to Manage Fears and Anxieties

Although Coronavirus is being taken very seriously by campus and public health authorities worldwide, try not to let worry about it control or overwhelm you. Many simple steps can help you manage your fears and anxieties; even better, they also relate to establishing a healthier overall lifestyle.

- Get the facts. Stay informed with the latest health and campus information through the [CWRU Health Updates](#) page. For further reliable information, see the [Centers for Disease Control website regarding this Coronavirus](#).
- Keep things in perspective. Although you'll want to keep informed- especially if you have loved ones in affected countries- remember to take a break from watching the news and focus on things that are positive in your life and things you can control.
- Stay healthy. Adopt healthy hygienic habits:
  - wash your hands frequently with soap and water or an alcohol-based hand sanitizer, and always do so immediately after sneezing or before/after touching your face or a sick person;
  - cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing;
  - avoid touching your eyes, nose and mouth.
  - avoid contact with others who are sick and stay home while sick.
- Keep connected. Maintaining social networks provide valuable outlets for sharing feelings and relieving stress.
- Seek additional help. Students who feel overwhelming worry or anxiety contact University Health and Counseling Services. Students can talk to a nurse on-call (216.368.2450) or a counselor on-call (216.368.5872) 24 hours a day, 7 days a week.



University Health  
and Counseling Services