

Psychological Tips for Managing Coronavirus Concerns

Counseling and Psychological Services (CAPS)

402.554.2409 or caps.unomaha.edu*

Recognizing Distress - A Self-Check List

- Increased anxiety, worry, fear, and/or feelings of being overwhelmed
- Depressive symptoms that persist and/or intensify
- Inability to focus or concentrate accompanied by decreased academic performance
- A feeling of hopelessness and/or a paralyzing fear about the future
- Sudden anger or irritability
- Disruptive behaviors or noticeable changes in personality
- Sleep difficulties
- 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)

Psychological Health Tips

- **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 “The Center for Disease Control & Prevention” (cdc.gov) or Douglas County Health Department (douglascountyhealth.com) and limit exposure to social media and news reports that provide no new information.**
- **Pay attention to positive news instead of only focusing on negative and fear-producing reports.**
- **Follow the protection and prevention tips given by medical professionals such as the Nebraska Medicine Health Services here on campus, national medical authorities and your own medical doctor.**
- **Follow The BHECN Serenity Project to practice yoga and meditation with some brief videos.** <https://www.unmc.edu/bhecn/education/the-bhecn-serenity-project>
- **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 CAPS. Your campus community is here to help!

**If you are calling or emailing after business hours or on the weekends, please be aware that any correspondence will be returned on the next business day. If you are experiencing a crisis, do not leave a message. Call 911 or the after-hours emergency number: 402.554.2409, press 2.*

- Watch the Maverick Mindfulness series (which includes videos from Dean of Students Cathy Pettid, CAPS Assistant Director Nate Bock, and other Wellness staff) here:
<https://www.youtube.com/playlist?list=PLW6478MSIDC1ZUi-69kAuxMeg77e26JHw>

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 and examine any irrational or rigid thoughts that can exist when there is uncertainty

Our UNO Administration meets weekly about this issue. For the most up-to-date information on the University's response to coronavirus, please reference <http://www.unomaha.edu/news/coronavirus> online.

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