

Managing COVID-19 Anxiety

Tips from UB Counseling Services:

As you learn more about the spread of COVID-19 (Coronavirus), you may feel overwhelmed, panicky, anxiety, and worry—on top of all the other things you stress about. Counseling Services is here to help. Here are some tips to help you manage your anxiety.

Trust your sources

1 We get a lot of our news from social media these days, and it can be very important to think critically what sources we can trust. Panicking about inaccurate information is a waste of time!

The University has set up a website to help you aggregate our information and direct you to reliable resources and ideas for what you can do to help keep yourself safe. It is up-to-date with briefings we receive from the CDC and the Department of Health.

Take a news break

2 "Staying on top of the news" is one way our brains like to feel in control of an out-of-control situation, but it's a shortcut to more stress and worry!

Designate 5-10 minutes in the morning and afternoon to check reliable sources for any updates. Turn off push notifications about the news on your phone. Limit your time on places like Twitter, Instagram, Reddit, and Facebook.



For Everyone

Consult with your primary healthcare provider.

Crisis Services
716-834-3131

For Faculty/Staff

Employee Assistance Program (EAP)
716-645-4461

For Students

UB Counseling Services
716-645-2720

UB Health Services
716-829-3316

[ADDITIONAL RESOURCES]

[Mental Health and Coping \(CDC\)](https://www.cdc.gov/coronavirus/2019-ncov/about/coping)
www.cdc.gov/coronavirus/2019-ncov/about/coping

[Five Ways to View Coverage of the Coronavirus \(APA\)](https://www.apa.org/helpcenter/pandemics)
www.apa.org/helpcenter/pandemics

The University at Buffalo is monitoring the COVID-19 (the disease caused by the novel coronavirus) situation carefully and is taking proactive and prudent measures to ensure the health and safety of the UB community.



What you can control

3 When things feel scary and unpredictable, it can be helpful to focus on what you can control. Here are some practical things you can do today:

- Follow proper handwashing steps
- Keep hand sanitizer in your bag and use it
- Get your flu shot
- Cover your cough/sneeze with a tissue
- Avoid touching your face
- Get enough sleep
- Stay home when you are sick

Use healthy coping

4 Taking a break from school, work, internships, and other demands on your time can be essential to feeling balanced and well, especially in a time of stress. Make sure you are doing at least one thing for yourself each day. Here are some suggestions:

- Take a 10 minute walk (outside)
- Listen to a funny podcast
- FaceTime a friend from home
- Clean your room
- Grab some markers and color or make art
- Students: use the anxiety-reduction tools in our Therapy Assistance Online (TAO) program

Get help if you need it

5 Pay attention to yourself! If you tried tips 1-4 and your anxiety is still causing problems, or you are experiencing any of the following:

- Trouble sleeping or eating
- Problems with focus or attention
- Difficulty going to class or completing work due to anxiety
- Thoughts about harming or killing yourself

Contact your healthcare provider or a mental health counselor if you experience other symptoms or issues --see side bar for contact information.