

COPING WITH CORONAVIRUS

CREATED BY THE SYMBIOSIS CENTER FOR EMOTIONAL WELLBEING

RELIABLE NEWS AND INFORMATION SOURCES

The COVID India Data Tracker
<https://www.mohfw.gov.in/>

The US CDC Website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For news and updates, rely on reputed news sources and channels and avoid getting your information from social media, heresay or Whatsapp

Importantly, keep an eye on all official communication from your campus admins and directors.



**Symbiosis Centre for
Emotional Wellbeing**

This is an unusual and overwhelming period for all of us, and there is a lot of uncertainty going around not only the virus, but also how it will affect our future. We as a collective nation, and as a species, have not experienced any event of such a large magnitude. One which has forced us and the world around us to pause, and take a breath (of cleaner air perhaps). The lockdown and social distancing is not something we anticipated and yet we have to work around the reality of being with our family 24*7 and not being able to meet our friends, or other support systems.

Although the decision of social distancing is to flatten the curve, and prevent the spread of the virus, it brings about a sense of fear.

Fear for our lives, for the lives of our loved ones, and fear of the unknown, which can be the largest contributor to feelings of distress, and anxiety.

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It may also bring about a sense of loneliness and isolation, as we are restricted to our houses, stepping out only for household essentials, or healthcare services. This, in turn, may bring up feelings of helplessness, and inadequacy to protect oneself and loved ones against the virus. These feelings of helplessness, added on to the feelings of anxiety and fear, can make us feel incredibly alone and secluded. However, you are not alone.

Social distancing does not mean emotional distancing. It is completely natural and normal to feel some amount of distress in these times, however it is equally important to take care of our own physical, emotional and mental wellbeing in these times and perhaps focus on what we do still have rather than what have have lost.

We as a team have gathered some resources for you to use for your mental wellbeing.



**IN CASE OF ANY
MENTAL HEALTH
EMERGENCIES, REACH
OUT TO YOUR SCEW
CAMPUS COUNSELOR
VIA PHONE OR
EMAIL AT
MINDHELP@SIU.EDU.IN**

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Keep a fixed routine: Although binge watching Netflix may sound like a wonderful idea, it can be harmful for your mental and physical health to stare at a screen for 12-14 hours a day. While watching an episode, or playing video games may be a great way to disconnect from the stress of daily life, indulging in them during this period may lead to increase in distress from not being able to meet the needs of your daily living. Maintaining your regular routine as much as possible can help maintain a sense of control and consistency in these uncertain times. Keeping your sleep cycle, meal times, and routine of work consistent, can help one feel productive. Creating a schedule, will allow you to focus on the present day and make the most of your time.

Plan and connect with family, friends: Social isolation does not mean emotional isolation. Take this chance to check in on old friends, family who are not closeby. It is important to be in touch with our emotional support systems via emails/texts, phone calls, video calls etc. We may not be allowed to meet our loved ones, but we can surely connect to them virtually. Additionally talking to your support systems about the concerns you are facing can be valuable. Another way to connect with friends during this time is to engage in online games like Houseparty, Facebook Gaming, etc.



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Make healthy use of Social Media: While social media can cause some consternation and concern, healthy use of social media can be a boon and help you stay connected to close ones. Social media can be a great source of wholesome content like humor, self help, coping and wellness strategies or just pictures of cute animals. Online challenges, check-ins with friends, sharing (and receiving) wholesome content and keeping humor alive can be a good way to use social media responsibly to maintain some peace of mind. Additionally, do your best to avoid sharing in collective distress or panic and focus on what is still in our control.

Find ways to create: Channeling your inner Michelangelo, J K Rowling or Adele can be a great way to express what you are feeling. Creative outlets are often said to be cathartic, which can help in reducing stress. Adult coloring books, taking up a craft project or home improvement project or learning a new skill can help us stay active mentally and physically, and divert our attention onto productive and constructive things. Coding, dancing, physical fitness, drawing, sketching, calligraphy are all examples of things you could try with somewhat fewer resources required to start off save for the internet.

** SOME FUN THINGS
TO DO WHILE AT
HOME!**

VIRTUAL MUSEUM
TOURS OFFERED
ONLINE!

[HTTPS://ARTSANDCULTURE.GOOGLE.COM/PARTNER?HL=EN](https://artsandculture.google.com/partner?hl=en)



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Personal care: Take time aside to look after your body and mind. Stress can impact our immune system, gastrointestinal system and our mental and physical health. Engage in working out at home, which may boost immune function and will keep you healthy. Eat healthy foods, and be mindful of maintaining a balanced diet (as best as you can manage). Indulge in activities like mindfulness and yoga. Journalling can be a great way to check in with our own feelings and thoughts. Being compassionate and empathetic towards yourself and accepting your emotions as they are will help you control your outlook to your situation.

Re-evaluate: Looking at this as a time of fear and anxiety vs. a time to engage with your inner self and enrich it through self exploration can help maintain a sense of peace and control over your environment. Taking things one day at a time will allow you to focus on the present moment and the things you need to do today, rather than focusing on the future.

Take a break from constant news: Overloading on information (both accurate and inaccurate) can be stressful. It is absolutely OK to disconnect from the news, every so often. It is important to look at the news channels and information as a closet, something you step in and step out of, and not stay in.

*ONLINE GAMES YOU CAN
PLAY WITH YOUR FRIENDS!*

WORDS WITH FRIENDS,
QUIZUP,
JACKBOX GAMES,
SCRABBLE GO,
HEADS UP,
SCATTERGORIES

UGC RESOURCE FOR
TAKING CARE OF YOUR
MENTAL HEALTH

[HTTPS://WWW.UGC.AC.IN/
PDFNEWS/7012639 MENTAL
-HEALTH-AND-WELL-BEING-
OF-THE-STUDENTS.PDF](https://www.ugc.ac.in/pdfnews/7012639_mental-health-and-well-being-of-the-students.pdf)

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To close this quick crash course on “Coping with the Covid”, we recognize that all of these suggestions are precisely that; suggestions. We also recognize that these may not be feasible or practical for you but we urge you to try what you can. Remember, this isn’t a productivity contest and the lockdown is not a race, but also remember as a rule of thumb what is good for your body will be good for your mind so look after your health. If all of these fail, seek help. Please remember that your SCEW counselors are available via phone and email.

As a part of maintaining connection and physical and emotional wellness, we would like to make this an interactive process, wherein we would love to see all the techniques and coping skills you are using to stay physically and mentally healthy! We want to see all of your creative sides, and foster a sense of belongingness and connection in these times, and help each other out. You can use any medium (video of yourself, writing, photos etc) to send us your self care strategies! All your ideas will be put into a google doc which will be shared with your fellow peers in all institutes.

Do send in your ideas at scew.sbroad@siu.edu.in with the Subject line as "Coping with COVID- My Way"

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