

# Managing Fears and Anxiety

## AROUND CORONAVIRUS

As information about the coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below are some helpful information and resources.

### COMMON REACTIONS

Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- Difficulty concentrating and sleeping
- Hypervigilance to your health and body
- Anxiety, worry, panic
- Feeling helpless
- Social withdrawal
- Anger

### WAYS TO MANAGE FEARS & ANXIETIES

**Get the facts.** Stay informed with the latest health and campus information at [ucdavis.edu/coronavirus/news/updates](https://ucdavis.edu/coronavirus/news/updates). For further information, see the dedicated [Centers for Disease Control and Prevention website](https://www.cdc.gov/disease-control-and-prevention).

**Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed— especially if you have loved ones in strongly affected areas— remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.

**Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have the coronavirus. Self-awareness is important in not stigmatizing others in our community.

**Stay healthy.** Adopting healthy, hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer frequently, and certainly 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.

**Stay connected.** Maintaining social networks can help maintain a sense of normalcy and provide valuable outlets for sharing feelings and relieving stress.

**Seek additional help.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support.

# More Resources

## MENTAL HEALTH APPOINTMENTS

- Call 530-752-0871 to schedule an appointment with [Counseling Services](#)
- Free [online visits](#) are available through Live Health Online for all students using the coupon code COUNSELINGUCD

## CRISIS SUPPORT

- If you are on campus and are having a mental health crisis, visit us at 219 North Hall from 9:00 a.m.–4:30 p.m., Monday–Friday (Mental Health Crisis Consultations Services are currently not available at the Student Health & Wellness Center)
- Call 530-752-2349 for an after-hours Counseling Services consultation
- Text ‘RELATE’ to 741741 for free, immediate and confidential crisis support by text message. For more information, go to [eachaggiematters.ucdavis.edu/crisistextline](#)
- Call 1-800-273-8255 to reach the [National Suicide Prevention Lifeline](#)

## SELF-CARE

- Explore Therapy Assistance Online, our free online program for support with anxiety, depression and other common mental health challenges. For more information, go to [shcs.ucdavis.edu/tao](#)
  - If this is your first time logging into this program, click “Sign up for self-help with an Institution” and use your UC Davis email address to set up a free account
  - Get started by taking this [online screening](#)
- Explore Campus Recreation’s [‘Aggies at Home’](#) page, which covers topics like how to work from home, at-home workouts, managing your free time and more
- Check out these apps for free guided meditations
  - UCLA Mindful App: [uclahealth.org/marc/ucla-mindful-app](#)
  - Headspace: [headspace.com/covid-19](#)
  - Insight Timer App: [insighttimer.com/meditation-app](#)