

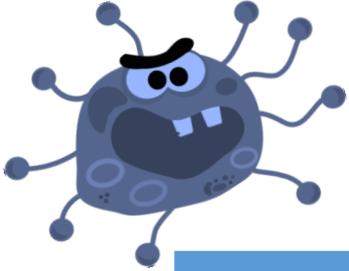
HOW DO I COPE WITH CORONAVIRUS (COVID-19) STRESS AND ANXIETY?

COUNSELLING UNIT
UNIVERSITI TEKNOLOGI BRUNEI



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COMMON REACTIONS TO STRESS AND ANXIETY DURING AN INFECTIOUS OUTBREAK CAN INCLUDE:



Thinking

- Racing thoughts
- Forgetting things more often
- Feeling confused
- Having trouble concentrating
- Difficulty making decisions

Feeling

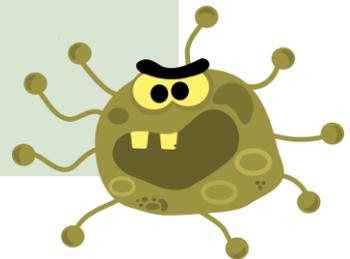
- Anxiousness
- Anger
- Guilt
- Frustration
- Sadness/tearfulness
- Fear and worry about your own health and the health of your loved ones
- Feeling helpless

Behaviours

- Irritability
- Trouble sleeping or sleeping more than normal
- Crying easily
- Worrying excessively
- Wanting to isolate
- Apprehension about going to public spaces

Physiological

- Stomachaches
- Very tight muscles
- Headaches



These are all understandable in the face of this significant challenge.

TIPS FOR COPING WITH COVID-19 STRESS AND ANXIETY

Feelings of worry and unease can be expected following a stressful event, such as the recent declaration of a global pandemic, however, it is important that we learn to manage our stress before it turns to more severe anxiety and panic.



TAKE REASONABLE PRECAUTIONS

The World Health Organization recommends a number of protective measures against the coronavirus, including to:



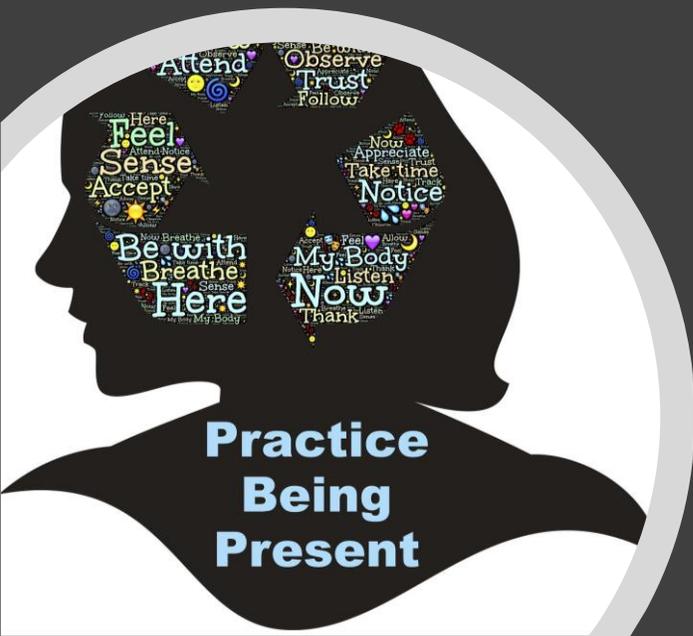
Being proactive by following basic hygiene principles can keep your anxiety at bay.

LEARN THE FACTS

Constant media coverage about the coronavirus can keep us in a heightened state of anxiety.

- ★ Limit related media exposure
- ★ Seek out factual information from reliable sources





ACKNOWLEDGE YOUR FEELINGS

It's okay to feel whatever you are feeling right now. Allow yourself to express what you're feeling.

This could be through **journaling**, **talking with others** or **channelling your emotions** into something creative (e.g., drawing, painting, poetry, music).

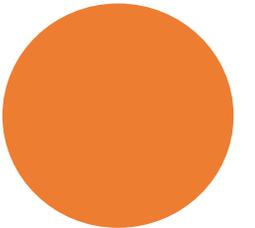
Mindfulness meditation exercises help us stay grounded in the midst of an emotional storm - witness and let thoughts and feelings come and go in their own time.

KEEP THINGS IN PERSPECTIVE

When we are stressed, it is easy to see things as worse than they really are.

Ask yourself:

- What are things within my control?
- Am I getting ahead of myself, assuming something bad will happen when I really don't know the outcome?
- Am I overestimating how bad the consequences will be?



PRACTICE SELF-CARE

To help encourage a positive frame of mind, it is important to look after yourself



Mind and Body

Look after your body as well as your mind. Eat a well balanced diet, keep hydrated and get into a regular sleep pattern

GET A HOBBY



Talk to someone

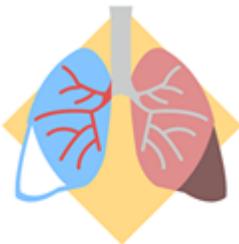
Don't be afraid to talk to someone about how you are feeling. Talk to your friends, family or teachers.



Write down

Write down how you feeling or what you are thinking. This can be a really simple way to understand what is going on within your mind and body

MEDITATE



Breathing

Learn how to breathe effectively. Practice a number of techniques and find what works for you: ratio breathing, deep breathing, progressive muscle relaxation

KEEP A JOURNAL



Exercise

Engage in regular exercise. Find a sport or activity that you enjoy. Exercise is a great tool for improving mood and reducing stress and anxiety



CONTRIBUTE

Showing care towards friends, family, or vulnerable people in our community can be all the more important during times like this.

It can foster a sense of hope, purpose, and meaning



Send someone you care about a message of encouragement or affirmation



Cook, pack and deliver a meal to someone in your neighbourhood

Donate to a cause



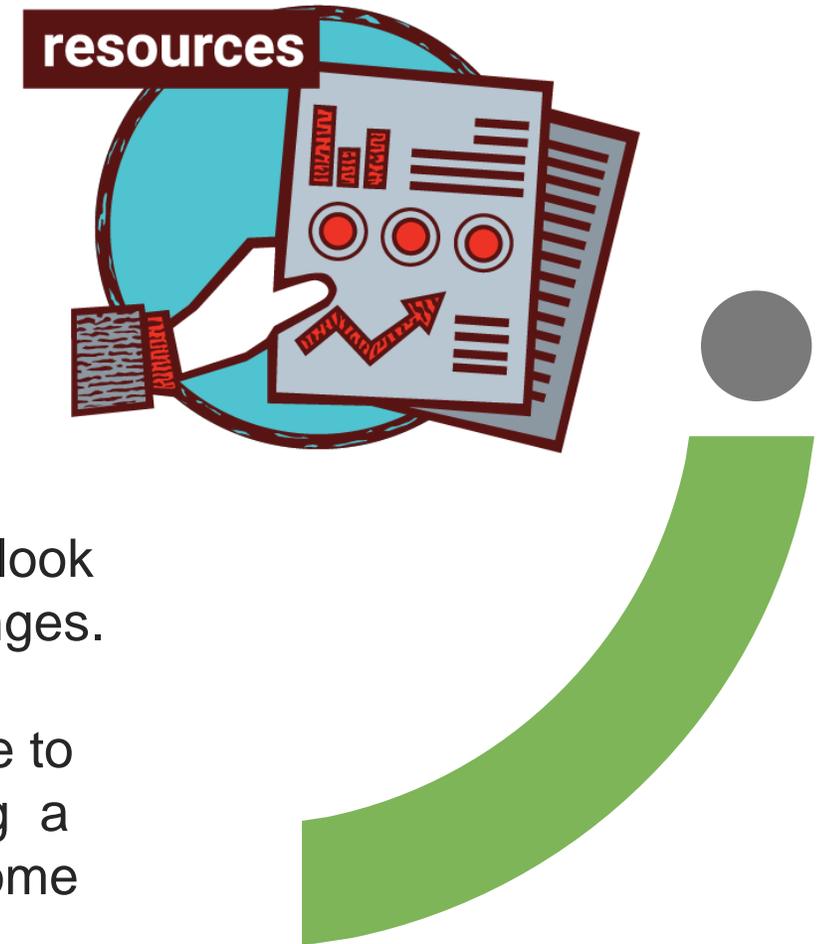
HELPFUL RESOURCES AND SUPPORT

Tipsheets and online resources

- WHO: [Mental health and psychosocial considerations during COVID-19 outbreak](#).
- Ted article: "[I'm incredibly anxious about coronavirus](#)"
- Current information on COVID-19 and a Self-Assessment Tool at www.healthinfo.gov.bn
- Latest update on the COVID-19 situation in Brunei – join Telegram channel at <https://t.me/govbnoofficial>

Mobile apps

- [Smiling Mind](#) - free mindfulness meditation app to help you look after your mental health and manage stress and daily challenges.
- [Headspace](#) - free "Weathering the Storm" program available to help support the global community through this time including a curated list of calming meditations, help with sleep, and at-home workouts or movement exercises.



SEEK ADDITIONAL SUPPORT WHEN NEEDED

Please seek professional help if you feel that the stress or anxiety you experience as a result of the coronavirus is impacting on everyday life.

▪ **Within university:**

Counselling Unit

Counselling@utb.edu.bn or **2461020 Ext 5360** (Dk Raden)
Ext 5361 (Nasyhea)

▪ **Phone counselling/support services outside the university:**

Health Advice Line **148** for information on Covid-19.

Talian Harapan / Hope Line **145** for Emotional Support Service.

