

Managing Fears and Anxiety around Coronavirus

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is 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:

- Anxiety, worry, panic
- Feeling helplessness
- Social withdrawal
- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body

Ways to Manage Fears & Anxieties:

Although Coronavirus is a health issue that is being taken very seriously by NKU and public health authorities worldwide, do not let your worry about this virus control your life. There are many simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

- **Get the facts.** Stay informed with the latest health and campus information through the NKU coronavirus preparedness website at: <https://inside.nku.edu/hcsw/emergency/coronavirus-preparedness.html>. For further information, see the dedicated coronavirus [CDC website](#).
- **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 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 coronavirus. Self-awareness is important in not stigmatizing others in our community.
- **Strengthen self-care.** During these anxiety provoking times it's important to remember the tried and true anxiety prevention and reduction strategies: get adequate sleep, exercise regularly or stretch, eat healthy, avoid alcohol and drugs, and practice mindfulness, deep breathing, or meditation.
- **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
- **Keep 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:

Students:

For students interested in support please contact: Health Counseling and Student Wellness

Call (859) 572-5650 Monday-Friday from 8:30am-4:30pm.

- If you need to speak with a counselor urgently when the HCSW is closed, please call the crisis line at (859) 572-7777 and ask dispatch to connect you with a counselor.

Faculty & Staff:

EAP services are available for confidential mental health support. Call the toll-free number for Employee Services: 1-888-AETNA-EAP (1-888-238-6232)

Web Site: <http://www.mylifevalues.com>

You must use your company ID to log in: MYNKUEAP, password: eap

Telephone consultations with HCSW, regarding concerns about a student, can be made by calling (859) 572-5650 or by sending an e-mail to hcsw@nku.edu

Suicidal thoughts: If you are having suicidal thoughts please reach out for help.

NKU crisis number: 859-572-7777 ask dispatch to transfer you to the counselor on call.

1-800-SUICIDE 1-800-784-2433

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Trevor Project LGBTQ Line 1-866-488-7386

Trans Lifeline: 877-565-8860

Crisis text line: text 741741

Online resources:

Mental Health and Coping during COVID-19 from the CDC

<https://www.cdc.gov/coronavirus/2019-ncov/about/coping.html>

Taking Care of Your Emotional Health from the CDC

<https://emergency.cdc.gov/coping/selfcare.asp>

7 science-based strategies to cope with coronavirus anxiety

<https://theconversation.com/7-science-based-strategies-to-cope-with-coronavirus-anxiety-133207>