Coping with the COVID-19 Pandemic

Keep perspective: You are not alone. This is uncharted territory for everyone. In time, we will return to normalcy. If you feel your emotions escalating, try to catch yourself. Consider the following statements:

- “We’re all going through this together.”
- “Change is always stressful, but I’ll adjust soon.”
- “These new challenges are an invitation to learn and grow.”

Be patient: It will take a little time for you to adjust to this new normal, but you will adjust. Practice the following when you are feeling overwhelmed:

- Take four deep breaths, counting to four when inhaling and exhaling.
- Remind yourself of what is at stake: “This is to flatten the infection curve and protect those who are most vulnerable.”

Establish new routines: Humans are creatures of habit and once we have our daily routines in place, we feel better. Establish routines that include:

- Keeping a regular sleep schedule.
- Keeping a daily schedule that includes work commitments AND relaxation.
- Eat regular meals and snacks.
- Schedule exercise into your day.

Practice positive self-talk: We are constantly running an internal dialogue with ourselves. Become aware of it and try to shape it to be positive. Examples are:

- “I’m doing the best I can.”
- “I can manage feeling stressed. It won’t last forever.”
- “Others are doing the best they can.”

Practice self-care: We must always be thinking about how to take better care of ourselves. Some ways might include:

- Limit media consumption if you find it distressing.
- Exercise and eat well.
- Talk to others.
- Minimize use of alcohol and drugs, which can affect mood.

Ask for help: Be vocal about what you need. There are several resources available (see below).

- Remember it is a sign of strength and self-awareness to ask for help.
- If you don’t know who to ask, ask a friend.
**Stay informed:** The developments about the coronavirus’ impact are changing at a dramatic speed. Connect with valid sources of information. Visit [Marquette’s coronavirus website](https://www.marquette.edu/coronavirus).  

**Feeling isolated?** Social distancing may seem unbearable as a concept, but consider the following:

- Get outside! Walk around your neighborhood. Visit a park. Wave and say hello to others along the way.
- Set up virtual group meetings with friends to check in and be social.
- Text, email or maybe even write a letter to friends and family.

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**Resources**

**Spiritual Support**
- [Faber Center](https://www.marquette.edu/coronavirus)

**Health and Wellness**
- [Employee Assistance Program (faculty and staff)](https://www.marquette.edu/coronavirus)
- [Teledoc](https://www.marquette.edu/coronavirus) (Talk to a doctor, therapist, or medical expert by phone or video.)
- **Virgin Pulse Programs including:**
  - Coaching
  - Journeys (self-guided courses to help you build healthy habits)
  - Nutrition Guide
  - Sleep Guide
  - Emotional Intelligence
  - Mindfulness
  - Yoga
- [Athletic and Human Performance Research Center (AHPRC)](https://www.marquette.edu/coronavirus) – weekly workouts
- [Raynor Memorial Library](https://www.marquette.edu/coronavirus)
  - Consumer Health: Stress Resources
- **Other Resources for Mental Health & Emotional Wellbeing**
  - Resilience Resources | Mequilibrium
  - Mental Health Tools 2 Thrive Toolkit | Mental Health America
  - [Resources to Support Mental Health During COVID-19 Pandemic](https://www.marquette.edu/coronavirus) | Giving Voice to Depression Podcast & Mental Health America Wisconsin
  - Managing Stress During this Anxious Time | Institute for Disaster Mental Health
  - The Psychological Science of Crisis Leadership & Communications | APA
  - Coping with Stress During Infectious Disease Outbreaks | SAMHSA
  - Taking Care of Your Behavioral Health During an Infectious Disease Outbreak | SAMHSA
  - Mental Health & COVID-19 Information & Resources | Mental Health America
  - Coronavirus Anxiety Toolkit | Shine & Mental Health America
  - Compassion Resilience Toolkit | Rogers InHealth & WISE Wisconsin
  - General Resources for Pandemics | APA
  - COVID-19 Resources | WELCOA