MANAGING ANXIETY & STRESS DURING THE COVID-19 SITUATION

The recent outbreak of coronavirus 2019 (COVID-19) in America has increased anxiety and stress levels for many. While these reactions are understandable, they can impact your physical and mental health. It is important to recognize stress reactions in yourself and others, and be intentional about coping with stress in constructive ways. The following information may help you manage your response to the situation.

**WHAT TO EXPECT: TYPICAL REACTIONS**

While everyone reacts differently to stressful situations, the following are common reactions:

- **Anxiety, worry, fear** about your own health, as well as others you care about
- **Apprehension** about school, work and money
- **Concern about caring** for others or securing things you need such as groceries and medicines
- **Uncertainty or frustration** about how long the situation will go on or about the future
- **Loneliness associated with feeling** cut off from the world and loved ones
- **Anger about specifics** or the situation in general
- **Symptoms of depression** hopelessness, changes in appetite, difficulties with sleep
- **Desire to use alcohol & drugs** to cope with stress
- **Signs of acute stress** - nightmares, upsetting memories, feeling on edge

**WAYS OF RELIEVING STRESS**

- **Calm your system**: Engage in relaxing activities such as yoga, deep breathing, pleasure reading.
- **Keep things in perspective**: Some anxiety is normal to experience. Educate yourself on the risks and precautions and recognize that consuming extensive media coverage may increase your anxiety and worry, thereby weakening your immune system.
- **Seek credible sources for information**:
  - WHO: [https://www.who.int/en](https://www.who.int/en)
  - Montana Tech: [www.mtech.edu/coronavirus](http://www.mtech.edu/coronavirus)
- **Monitor your assumptions of others**: Just because someone has a cough does not mean they have coronavirus.
- **Stay healthy**: Continue healthy eating and sleeping habits. Drink plenty of water. Get outside for exercise. Avoid excessive use of caffeine, nicotine, alcohol and recreational drugs. Maintain a healthy routine as much as possible.
- **Keep connected**: Social networks help maintain a sense of normalcy and provide healthy outlets to share feelings and relieve stress.
- **Create positive emotions**: Watch comedies, laugh with friends, create a gratitude journal.
- **Seek support**: Reach out to professional assistance, such as counseling, when needed.

**SOURCES OF SUPPORT**

Montana Tech Student Health Center
[https://www.mtech.edu/student-services-healthcenter.html](https://www.mtech.edu/student-services-healthcenter.html)

Call 406-496-4243
Open Monday through Friday from 10:00 a.m. – 2:00 p.m.

For immediate help managing intense emotions of thoughts of suicide, consider contacting The National Suicide Prevention Line: text MT to 741741 or call 1-800-273-8255 (TALK).
One of the most effective measures for stopping any infectious disease is frequent and thorough hand washing. Please join the effort and wash your hands a lot! The Centers for Disease Control has an entire webpage on the science behind hand washing. https://www.cdc.gov/handwashing/ There’s more to it than you think.

**WHAT YOU CAN DO TO KEEP YOURSELF AND OTHERS HEALTHY:**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay at home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

**WHAT TO DO IF YOU’RE NOT FEELING WELL:**

Visit the Montana Tech Student Health Center

**Open Monday through Friday from 10:00 am—2:00 pm**

**After hours:**

- Call your medical provider or the St. James Healthcare Emergency Room
- Quarantine yourself and any exposed family member at your home reducing the spread of COVID-19

More information about COVID-19 can be found at the websites below:
www.mtech.edu/coronavirus

**KNOW THE SIGNS & SYMPTOMS TO HELP STOP COVID-19**

- FEVER
- COUGH
- SHORTNESS OF BREATH

**SEEK MEDICAL ADVICE IF:**

- You develop the symptoms mentioned above.
- AND
- Have been in close contact with a person known to have COVID-19.
- Call ahead before you go to a doctor’s office or emergency room. Tell them about your recent travel and your symptoms...

**STAY HEALTHY OREDIGGERS**

**BE LIKE CHARLIE**

**CHARLIE WASHES HIS HANDS**

**CHARLIE KEEPS HIS 6’-8’ DISTANCE**

**CHARLIE IS SMART**
It is a misconception that online classes are “easier.” In fact, in most cases, online courses put more pressure on students to better manage their time, develop subject comprehension on their own, prioritize tasks, and can present a disadvantage in asking for help. The tips below may help you to build healthy habits, reduce your stress, and learn to be successful in online learning.

10 STUDY TIPS FOR ONLINE COURSES

1. Treat studying like a job. Commit to studying, participating and “showing up” as you did to with your face to face classes. Give daily attention to each of your courses.

2. Make a study plan. Develop a calendar to include the rest of the semester’s assignments, discussions, exams. Prioritize and create a etc. completion plan that makes sense to you. Avoid last-minute to minimize your stress.

3. Create a study space in your room/apt./home and use it for studying and studying only.

4. Make studying routine. Choose times and days of the week that are best for you. Designate blocks of time for each course. Routines help increase motivation by creating study habits.

5. Use online resources. Take advantage of online library access and supplementary reading material to build knowledge in your class.

6. Take notes by hand. Keeping notes as you’re watching an online lecture or reading your textbook creates repetition that will help you study more consciously and ingest material more fully.

7. Make flashcards. Merely writing flashcards helps you remember facts and help retention. Go through them in your spare time.

8. Change topics and take breaks. Switch up the subjects you study to improve focus and retention (perhaps an hour on each class before switching gears). Every hour or so, take a 5- minute break to recharge.

9. Participate in class discussions. Although seemingly tedious, posting your thoughts on the course material helps you better understand and remember the material.

TOP STRESS RELIEVERS

1. Get exercise. Any type of physical activity that gets you moving helps relieve stress (walking, yoga, running, swimming)

2. Get organized. Plan time for school work, in addition to time to socialize, exercise, rest, etc...

3. Take a break. If you find yourself experiencing a “mental block” or not making progress, it might be time to take a study break and come back to schoolwork in 5-30 min.

4. Get Rest. Don’t make a habit of cutting into your sleep time to finish work at night

5. Focus on the why. When things get difficult, remember to think about your end goal, why you’re here, to help you achieve small goals.

ADVICE FROM STUDENTS

“Do your work during the week (Monday - Friday). Instructors are more likely to answer vs. over the weekend.”

“Check all of your classes at least once a day.”

“Ask questions of your instructor as well as fellow students using the classlist tool in Brightspace.”

“Do not fall behind! It is not fun! Stay caught up on homework and get to know your professors.”

“Don’t wait until the last minute.”