MANAGING DISTRESS RELATED TO NOVEL CORONAVIRUS

Recent news reports about the novel coronavirus, travel restrictions, and concerns for our own and our loved ones’ health might contribute to emotional distress.

Please reach out to our office or other campus resources if you (or another student you know) are experiencing any of the following:

- Excessive worry, fear, and/or feelings of being “stressed” or overwhelmed
- Persistent sadness, tearfulness, and/or loss of interest in pleasurable activities
- Feelings of hopelessness and/or dread about the future
- Unexplained physical symptoms, such as upset stomach, increased heart rate, nausea, fatigue, etc.
- Increased anger, irritability, agitation and/or disruptive behaviors
- Inability to concentrate or focus
- Significant changes in sleep, appetite and/or self-care
- Social isolation or withdrawal
- Fear or avoidance of public spaces
- Thoughts about death, dying and/or suicide
- Impulsive, reckless or risky behaviors (substance abuse, self-injury, etc.)

Counseling & Consultation Services (CCS)
317-940-9385
WWW.BUTLER.EDU/COUNSELING-SERVICES
TIPS FOR MANAGING EMOTIONAL/PSYCHOLOGICAL DISTRESS

- **Acknowledge your feelings and emotions.**
  Allow yourself time to reflect on what you are feeling and how you may be reacting to or coping with these feelings.

- **Try to maintain your normal day-to-day activities and routines to the extent possible given recommended restrictions for health and safety concerns.**

- **Stay connected (again to the extent possible given potential needs for social distancing or isolation for health risk reasons).**
  Resist withdrawing and isolating yourself from your family and friends. Maintaining social connections can foster a sense of normality and provide valuable opportunities for sharing your feelings and relieving stress.

- **Seek accurate information from credible news sources.**
  The Center for Disease Control and Prevention, for example, has a webpage dedicated to providing factual information on the novel coronavirus (https://www.cdc.gov/coronavirus/2019-ncov/index.html). Butler University is also maintaining a website to inform the community (https://www.butler.edu/coronavirus-updates). You may also find useful information from local or state public health agencies.

- **Limit exposure to social media and news outlets that do not provide any new information and/or sensationalizes the facts.**
  Pay attention to positive news instead of only focusing on negative and fear-producing reports.

- **Follow protection and prevention tips provided by qualified medical professionals, including from Butler’s Health Services.**

- **Seek out and utilize on campus resources.**
  In addition to CCS, you can also reach out to a CA, campus ministry (Center for Faith and Vocation), a professor, your academic dean/advisor, or another student to share and talk about your concerns and experiences.
MUTUAL TRUST, RESPECT, CIVILITY, & DIGNITY

CCS is aware that fear and anxiety can lead to mistrust, bias, prejudice, discrimination, stereotyping and micro aggressions, which we are committed to proactively combating.

In an effort to maintain and promote mutual trust, respect, civility, and dignity in our community, please consider practicing the following:

BE MINDFUL OF YOUR BEHAVIORS, THOUGHTS, BELIEFS, AND/OR BIASES ABOUT INTERNATIONAL STUDENTS, FACULTY AND STAFF.

AVOID MAKING GENERALIZATIONS ABOUT STUDENTS, FACULTY OR STAFF WHO MAY BE SICK, PROTECTING THEMSELVES FROM GETTING SICK, AND/OR FROM ABROAD.

PRACTICE AND SEEK GOOD HEALTHCARE IF YOU BELIEVE YOU ARE SICK.

LISTEN AND ATTEND TO EACH OTHER WITH EMPATHY, KINDNESS AND COMPASSION.

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www.butler.edu/counseling-services
ACKNOWLEDGE YOUR FEELINGS AND EMOTIONS.

Allow yourself time to reflect on what you are feeling and how you may be reacting to or coping with these feelings.
Try to maintain your normal day-to-day activities and routines to the extent possible given recommended restrictions for health and safety concerns.
RESIST WITHDRAWING AND ISOLATING YOURSELF FROM YOUR FAMILY AND FRIENDS. MAINTAINING SOCIAL CONNECTIONS CAN FOSTER A SENSE OF NORMALITY AND PROVIDE VALUABLE OPPORTUNITIES FOR SHARING YOUR FEELINGS AND RELIEVING STRESS.
The Center for Disease Control and Prevention, for example, has a webpage dedicated to providing factual information on the novel coronavirus (https://www.cdc.gov/coronavirus/2019-ncov/index.html).

Butler University is also maintaining a website to inform the community (https://www.butler.edu/coronavirus-updates). You may also find useful information from local or state public health agencies.

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Limit exposure to social media and news outlets that do not provide any new information and/or sensationalizes the facts. Pay attention to positive news instead of only focusing on negative and fear-producing reports.
Follow professional tips

Follow protection and prevention tips provided by qualified medical professionals, including from Butler’s Health Services.

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In addition to CCS, you can also reach out to a CA, campus ministry (Center for Faith and Vocation), a professor, your academic dean/advisor, or another student to share and talk about your concerns and experiences.

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Symptoms of the Coronavirus

*Symptoms may appear 2-14 days after exposure.

Experiencing these symptoms? Stay calm. Call Health Services (317-940-9385) and press option 2.

We’re ready to help you manage your symptoms and get you the best care.

Symptoms can include:

- Fever
- Shortness of Breath
- Cough

For more information: www.cdc.gov/COVID19-symptoms
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

AVOID CLOSE CONTACT WITH PEOPLE WHO ARE SICK.

For more information: butler.edu/coronavirus-updates
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

For more information: butler.edu/coronavirus-updates
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

AVOID TOUCHING YOUR EYES, NOSE, AND MOUTH.

FOR MORE INFORMATION:
BUTLER.EDU/CORONAVIRUS-UPDATES
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Clean and disinfect frequently touched objects and surfaces.

For more information:
bu[lr.edu/coronavirus-updates
Help prevent the spread of respiratory diseases like COVID-19.

Stay home when you are sick, except to get medical care.

For more information: butler.edu/coronavirus-updates
Help prevent the spread of respiratory diseases like COVID-19.

Wash your hands often with soap and water for at least 20 seconds.

For more information: butler.edu/coronavirus-updates
WASH YOUR HANDS!

1. Wet your hands
2. Use soap
3. Lather & scrub 20 seconds
4. Rinse 10 seconds
5. Dry your hands

DON'T FORGET TO WASH:
- Between your fingers
- Under your nails
- Tops of your hands

For more information: butler.edu/coronavirus-updates