Recognizing Distress - A Self-Check List

- Increased worry, fearfulness, or feelings of being overwhelmed
- Feelings of fatigue or exhaustion that persist and/or intensify
- Inability to focus or concentrate accompanied by decreased academic performance
- A feeling of hopelessness and/or a paralyzing fear about the future
- Sudden anger, sadness, irritability or noticeable changes in personality
- Sleep difficulties
- Withdrawing from social supports
- Increased fearfulness associated with daily tasks
- Increased unhealthy coping behaviors (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)

Emotional Health Tips

- **Acknowledge reactions.** Allow yourself time to reflect on what you are feeling and how you may be reacting to any fears and uncertainties of the future.

- **Do your best to maintain a day-to-day routine of activities and social outlets while following social distancing guidelines.** Resist withdrawing and isolating yourself away from the support and caring that others can provide.

- **Seek accurate information from local, state and federal public health professionals** and limit exposure to social media and news reports that may not be accurate or are sensational in intention.

- **Pay attention to positive news instead of only focusing on negative and fear-producing reports.**

- **Follow the protection and prevention tips given by medical professionals** such as the Norris Health Center here on campus, national medical and public health organizations, and your own healthcare provider.

- **Practice calming rituals:** Stay grounded in the present moment, which can help you maintain an internal sense of stability and balance when outside events feel threatening.

- **Seek supports & use campus resources.** Take time to utilize your emotional supports which may include friends, family, spirituality and/or community resources. Students experiencing high levels of distress may want to consider seeking additional help by calling University Counseling Services. Faculty and staff members can seek support using EAP services ([https://uwm.edu/hr/eap/](https://uwm.edu/hr/eap/)). Your campus community is here to help!

Avoid Stigmatizing or Generalizing

- Be aware of your behavior or attitude change towards others from another country
- Avoid generalizing anyone who may be sick as potentially having the Coronavirus
- Examine any irrational or rigid thoughts that can exist when there is uncertainty

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