



COPING WITH ANXIETY AND STRESS RELATED TO COVID-19 PANDEMIC

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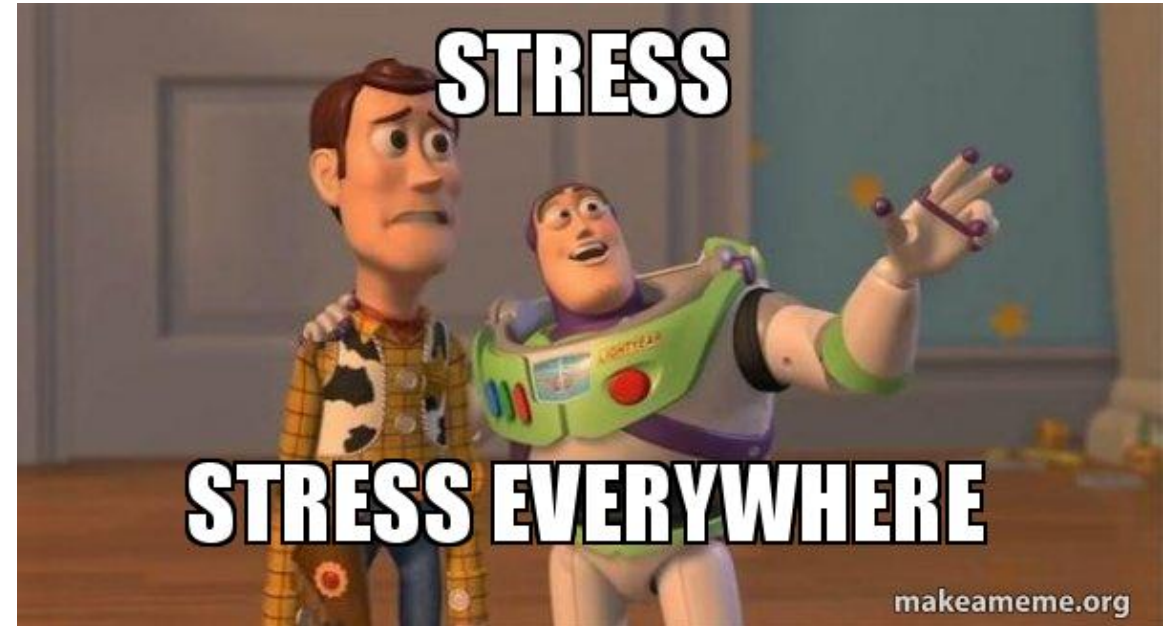
Monsour Counseling and Psychological Services



LET'S TALK ABOUT COVID-19

SOME GUIDING QUESTIONS

- ◆ What do we know so far?
- ◆ How has this changed our lives/routines?
- ◆ How have students been uniquely impacted?





NAMING IT

- ◆ Health/Safety concerns
- ◆ Housing/Food/Supply security
- ◆ Uncertain/Non-Ideal living situations
- ◆ Managing workload and family obligations
- ◆ Job security, internship opportunities/uncertainty

STRESS V.S. ANXIETY

Stress or everyday anxiety:

- ◇ Is a response to a known environmental factor.
- ◇ Symptoms usually go away when the stressor goes away.
- ◇ Is something we all experience at some point in our lives.
- ◇ Can be motivational.

STRESS V.S. ANXIETY (CONT.)

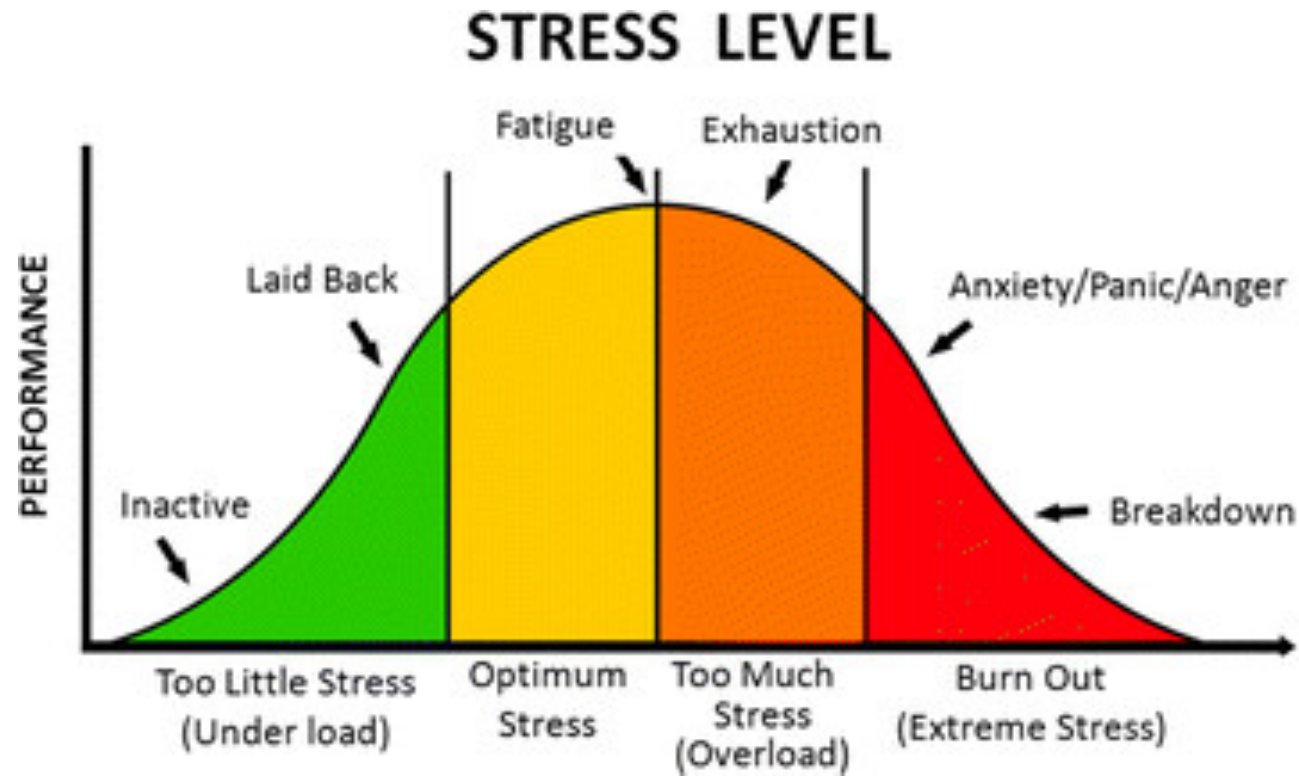
Clinical Anxiety:

- ◆ Can occur with chronic stress, a major stressful event, or it can occur when there is no identifiable stressor.
- ◆ Symptoms persist even after the stressor has passed.
- ◆ Symptom intensity is exaggerated compared to what one would expect in a particular situation.
- ◆ Causes significant distress and interferes with your daily life.
- ◆ Is not motivational.

SO MUCH
AMBITION
BUT NO
MOTIVATION



HOW DOES STRESS IMPACT PERFORMANCE?



RELATIONSHIP BETWEEN STRESS AND PERFORMANCE

**HOW MIGHT YOU
SHIFT YOUR ROUTINES
SO THAT YOU CAN
MAXIMIZE OPTIMAL
STRESS MORE OFTEN?**



LIMIT OVERFLOW OF INFORMATION!



Limit news exposure



Schedule a certain time to check news updates everyday



Avoid checking social media constantly



Turn off the alarm on your phone for updates



Be intentional about what sources you use to receive updates

Acknowledging/recognizing when you are feeling the need for certainty

Making the active choice to not respond to that need

Turning your attention to be more present focused- rather than future focused

ACCEPTING UNCERTAINTY



MINDFULNESS



- The basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.
- Studies show that practicing mindfulness meditation, 20-30 minutes per day, 6 days per week can increase neural plasticity – which in turn makes it easier to change depressed or anxious mental patterns.

FOCUS ON WHAT YOU CAN CONTROL

- ◆ How and when you consume news/information
- ◆ How and when you respond to news/information
- ◆ Limiting exposure to large crowds/gatherings
- ◆ Regularly washing your hands
- ◆ Wear a cloth face coverings in public settings (Now recommended by CDC)
- ◆ Letting go of catastrophic thoughts.
- ◆ Avoid dwelling on things you cannot control



TOOLS TO MANAGE ANXIETY AND DISTRACT YOURSELF



PHYSICAL ACTIVITIES



GET CREATIVE



BREATHING
EXERCISES



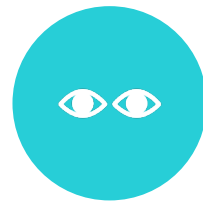
JOURNALING/SET
ASIDE 'WORRY TIME'



PRACTICE
GRATITUDE

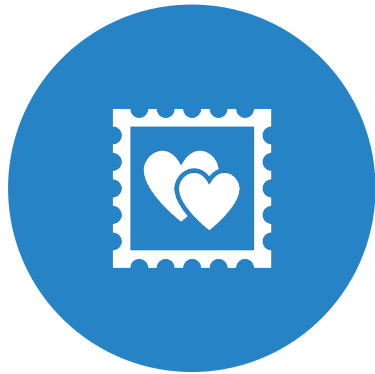


CREATE A PLAN



TURN INTO YOUR
SENSES

OTHER STRATEGIES



TRUST IN YOUR ABILITY TO
COPE & RESPOND



TALK ABOUT YOUR
FEELINGS WITH SOMEONE
YOU TRUST



ASK/SEEK HELP IF NEEDED

ADJUSTING TO CHANGES RELATED TO SOCIAL DISTANCING



Develop a healthy routine



Change your personal space for better function with WFH

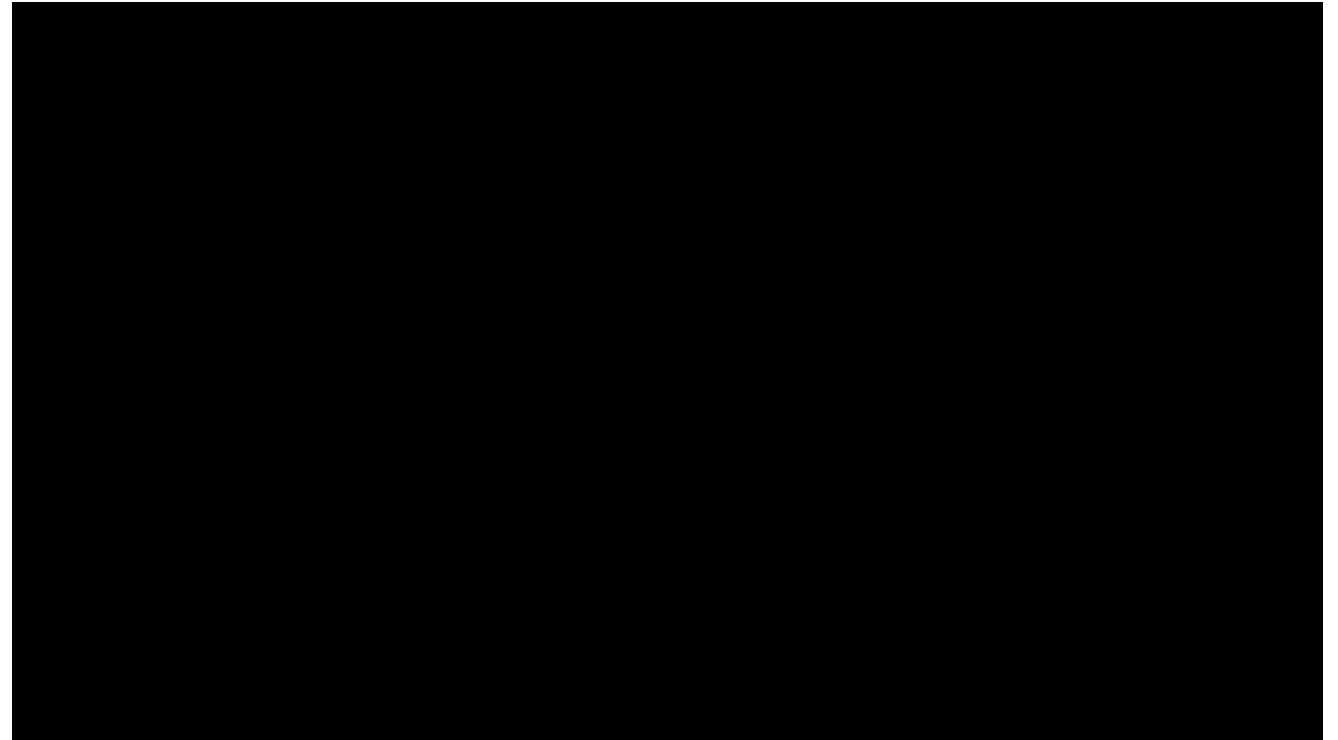


Stay connected with your support system



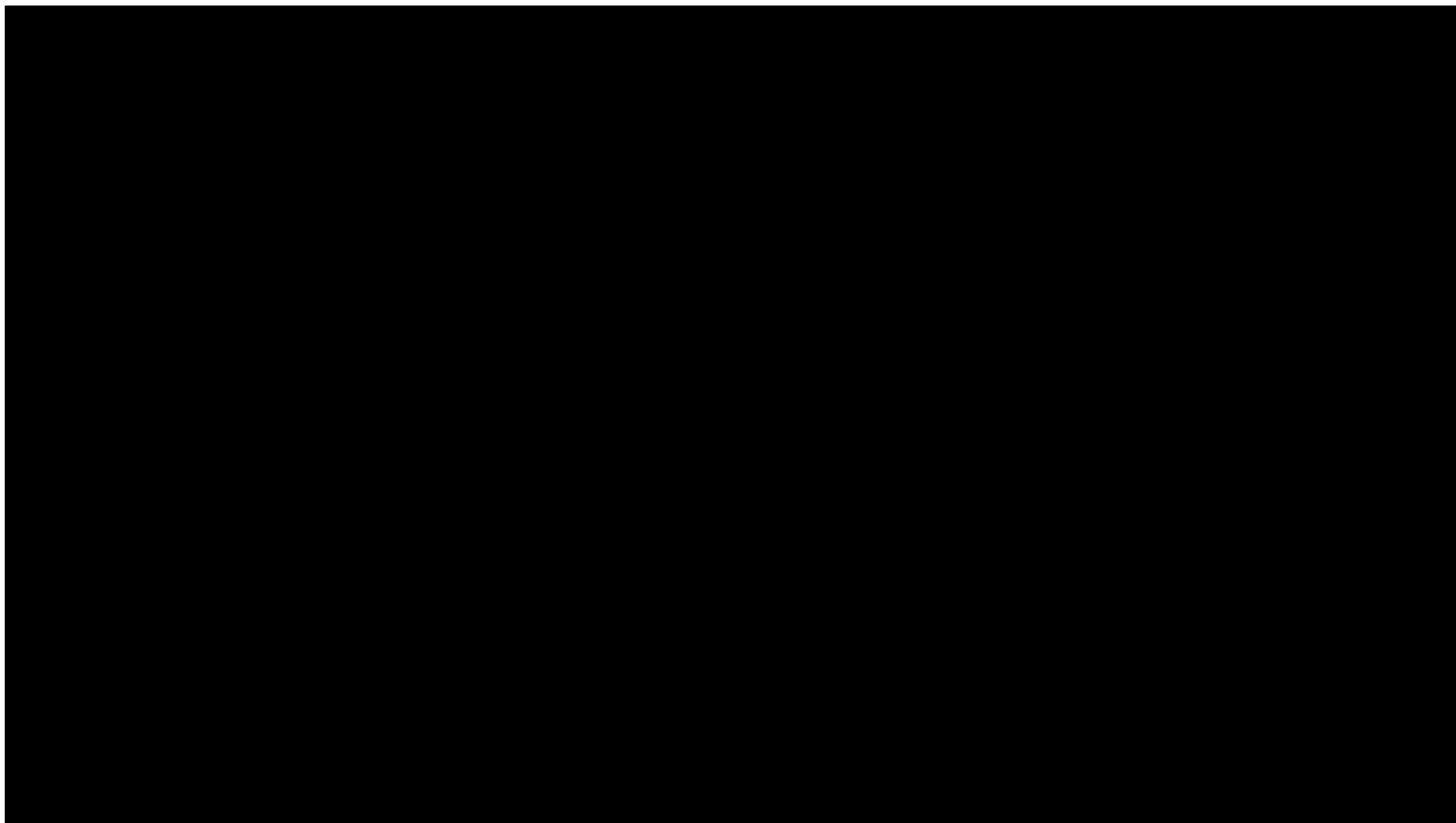
Check in with your loved ones (in moderation)

**LET'S TRY IT:
BREATHING
MEDITATE
EXERCISE.**



**WHAT ARE SOME OF THE TOOLS THAT YOU
HAVE USED IN THE PAST TO SUCCESSFULLY
MANAGE STRESS?**





CONTACT INFORMATION



Monsour Counseling & Psychological Services (MCAPS)

Tranquada Student Services Center

757 College Way, Claremont, CA 91711

<https://services.claremont.edu/mcaps/>

Phone: **909-621-8202**

- Office hours: Mon-Fri, 9:00 AM -1:00 PM
- We will remain available 24/7 for any urgent or crisis concerns. Please just phone 909-621-8202 (after hours, the voicemail message will prompt you to press “1” to speak to an on-call therapist).
- In addition, all students now have access to Campus.Health, which provides 24/7 medical and mental telehealth care for all students, at no cost! To get started, visit <https://www.timely.md/campushealth-faqs/>. You can register now and use the service when you need it.

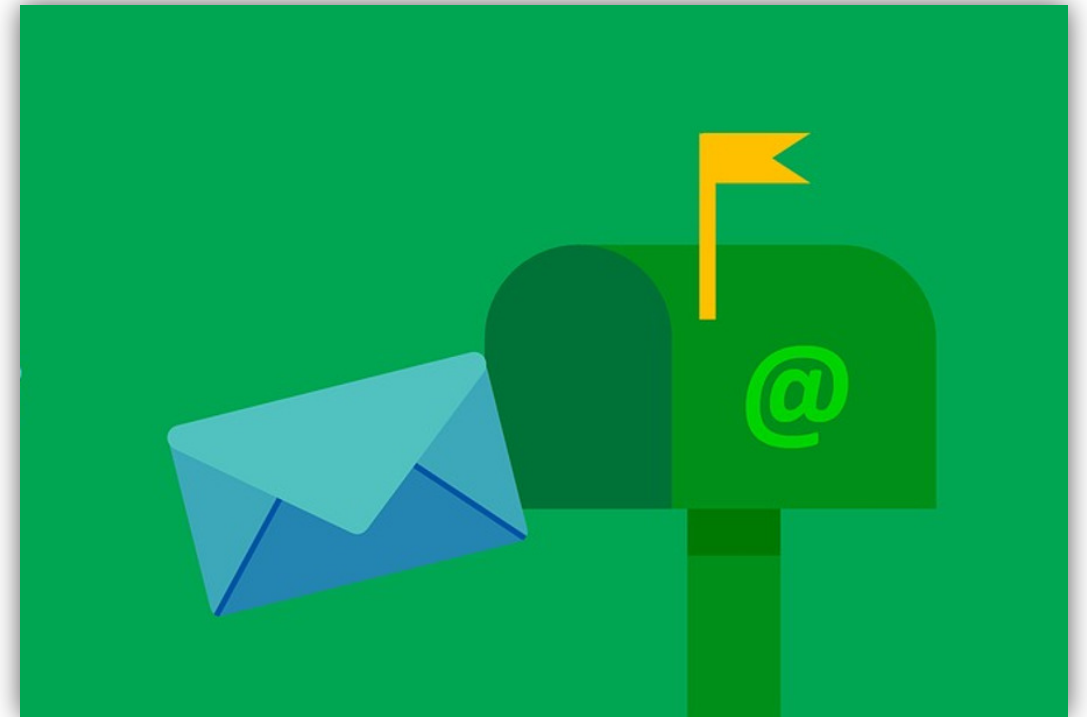
ANY QUESTION FOR US?

You can reach out to us at:

miao.li@claremont.edu

Or

shawndeeia.drinkard@claremont.edu



OTHER CRISIS RESOURCES:

National Suicide Hotline:

- 1-800-784-2433 (1-800-SUICIDE)

National Hotline: 1-800-273-8255

- (1-800-273-TALK)

Didi Hirsch 24 Hour Crisis Line:

- 1-877-727-4747
- (for Spanish 1-800-628-9454)

LGBTQ– The Trevor Lifeline:

- 1-866-488-7386

Crisis Text Line:

- Text HELLO to 741-741

Steve Fund Text Line for Students of Color

- Text STEVE to 741741

THANK YOU!

