

16 March 2020

Dear Students,

Covid19 virus is now a global pandemic which forces all countries to take various precautions. Main precautions to take are maintaining good hygiene and social distancing. However, since this time is uncertain, it causes mixed feelings in people, mainly fear and worry. We have some recommendations for our students to cope with these feelings during this time. First, you should not ignore your feelings, and ask yourself what you need, and find a solution that will make you feel good. Everyone has different limits and boundaries. Below are some recommendations you can follow or at least try, within your own limits and boundaries, to make you feel better:

- 1) Being exposed to news on social media and TV all day long may trigger your anxiety. Putting a limit to time spent on social media may be beneficial.
- 2) We highly suggest you follow news from an official and trusted source.
- 3) Stay away from crowds but keep socializing with your friends and loved ones via phone or video calling.
- 4) This may be a good time to read the books you did not have time to do so before. Doing this, engaging in a different mental activity will keep you away from the agenda a bit and make you feel good.
- 5) You can also use this time to do the things you postponed for a while. Make of list of things to do and make the best of your time.
- 6) It may be a good opportunity to watch the movies, documentaries, and TV series you like.
- 7) Eating healthy, maintaining a good sleeping habit, avoiding alcohol and smoking will help you maintain a good physical and mental health.
- 8) When you experience increased feelings of anxiety, worry, and fear, focus on activities that will help you keep in the moment. What is happening? Focus on your breathing. Look around you, what do you see, what do you hear? What is it that you are touching? Does the place you are in have an odor? When you feel calmer, ask yourself what you need. Try doing new activities that will help you stay in the moment.
- 9) Do not hesitate to express your feelings. Chatting, writing down emotions, listening to music, singing, or drawing might help.
- 10) Creating new routines or re-establishing usual routines at home can help preserve a sense of order and purpose.
- 11) It is perfectly okay to have mixed feelings during this time, however, if you feel you cannot cope with them, do not hesitate to see a counselor.

Wishing you good health and happiness,
Psychological Development and Counselling Center