

# SELF-CARE

## 4 WAYS TO MANAGE ANXIETY DURING THE COVID-19 QUARANTINE



As COVID-19 continues to spread, **it's normal** to experience a wide range of emotions, including fear, concern, and uncertainty. Whether you're an FAU student, faculty or staff member, recent transitions and disruptions to daily routines can also contribute to the experience of anxiety.

Anxiety is a feeling of fear in response to a perceived threat, which typically manifests in various thoughts, physical sensations and behaviors. For example, we may notice that we experience racing thoughts, stomach discomfort or avoidance of anything that may exacerbate the intensity of our emotions.

Although anxiety is commonly perceived as a "negative" emotion, it can have many adaptive and helpful functions. For example, in optimal doses, anxiety can **motivate** us to take action. It can **prepare** us for the unexpected or help us pay attention to any potential threats and **protect** ourselves from real harm.

During these challenging times, we encourage members of the Owl Community to ask themselves and others: How can we use the adaptive capacity of our anxiety to help us cope with the current COVID-19 outbreak? Here are some helpful self-care tips to explore:

### BE CHOOSY

When it comes to staying informed, choose your sources wisely. Ask yourself: "Does this information help me feel prepared and armed with knowledge, or helpless and more anxious?" Also try limiting your time on social media platforms that engage in endless discussions on the virus.



### KEEP IT REAL

In the midst of uncertainty, we must remind ourselves to focus on what is within our control: prioritize sleep, nutrition, and moderate exercise to help our mental and physical health; identify a project you've been putting off and take action; find ways to stay connected with loved ones while engaging in social distancing, such as phone calls, FaceTime, or Zoom.

### STAY PRESENT

Approach each moment with curiosity and non-judgment by practicing mindfulness and expressing gratitude. Maybe start a journal of things you're thankful for; mindfully walk and engage the 5 senses, immersing yourself in the moment; create a silent mantra to soothe you when you feel distressed; practice self-compassion and remind yourself that you're not alone and your feelings are valid.

### REACH OUT

While we may not have control over our current circumstances, we do have control over how we respond. If you find yourself feeling overwhelmed and distressed, FAU's Counseling and Psychological Services (CAPS) stands ready to help Owls in need of support:

**(561) 297-3540**

<https://www.fau.edu/counseling>

