



MAY 11, 2020

Tougaloo Cares

National Mental Health Month

Outbreaks can be stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Stress during an infectious disease outbreak can include:

- * Fear and worry about your own health
- * Changes in sleep or eating patterns
- * Worsening of chronic health problems
- * Worsening of mental health conditions
- * Difficulty sleeping or concentrating
- * Increased use of alcohol, tobacco, or other drugs



www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html

Faculty, staff and students who have a need for individual counseling services, please call 601-957-6776.

The coronavirus pandemic continues to turn life upside down. Universal testing, tracking contacts of people who test positive and vaccine development are important factors for healthy outcomes. The new "Safer at Home" order for Mississippi urges all Mississippians to stay home except for essential travel. As some people begin to go back to work please remember to do so in a safe and responsible way.

To access information on Covid-19 please visit www.cdc.gov/coronavirus/2019.



Join us on Facebook Live Monday & Thursday at 10am for Virtual Fitness Class with Karl Calender.