Dealing with physical/social distancing, or being in quarantine or isolation associated with the COVID-19 pandemic can be an anxiety-provoking and stressful experience. Below are some common feelings and signs of distress you may experience and some tips for coping that may be helpful.

**What to Expect: Common Reactions**

- Increased worry, fearfulness, or feelings of being overwhelmed related to concerns about your own health status
- Anxiety, worry or fear about the health status of others
- Stress from having your movements restricted and being confined indoors
- Uncertainty or ambivalence about the situation
- Uncertainty or frustration about how long you will need to remain in quarantine
- Boredom and frustration because you are not able to engage in your regular day-to-day activities as before
- Anger at the overall situation or feeling that this is the result of others’ negligence
- Loneliness associated with feeling cut off from your friends, family, and the outside world

**Recognizing distress while in quarantine after a COVID-19 diagnosis**

- Fear and worry about your own health and the health of your loved ones
- Stress from restricting your movement and being confined indoors for an extended period of time
- Uncertainty or ambivalence about the situation and about the future
- Stress from the experience of monitoring yourself or being monitored by others for signs and symptoms of COVID-19
- Concerns or guilt about not being able to perform normal school, or work, activities during quarantine
- Sleep difficulties
- Feelings of fatigue or exhaustion that persist and/or intensify
- Inability to focus or concentrate that may be 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
- Feelings of sadness, anger, or frustration because friends or loved ones have fears of contracting the disease from having contact with you
- Isolating or withdrawing from others, fear of going into public situations
- Increased unhealthy coping behaviors (e.g., increased alcohol or drug use, engaging in risky/impulsive behaviors)
- Other emotional or mental health changes, including but not limited to: depression, anxiety, traumatic distress (i.e. intrusive distressing thoughts or memoires, nightmares, being startled easily, flashbacks)
Emotional Wellness and Taking Care of Yourself

Remind yourself that your emotions are valid. There is no right way to respond to the challenges associated with COVID-19, quarantine or isolation. This situation is novel, evolving, and unpredictable.

Stay connected. Although during this period it’s important to maintain appropriate physical/social distance; Make sure to find other ways to stay in touch with your social supports (e.g. phone calls, video chat, social media, texting).

Educate yourself, but also be sure to reduce media exposure if you feel overwhelmed. Often we are receiving information through multiple channels and at times, this can be overwhelming. Monitor how you are feeling emotionally when taking in COVID-19 information and limit the time you spend taking in this information if needed.


Maintain your typical schedule as well as you can. Having a schedule can assist you in feeling a sense of control and help contain emotions during a time of uncertainty. Try to maintain a schedule that pays attention things like: sleep, classes, meals, study time, relaxation time, exercise, etc.

Maintain perspective. While this may be a difficult time and things may feel all-consuming and endless, try to maintain perspective and remind yourself of what’s good in your life, what’s important to you (e.g. family, friends, academic goals, health, religion, or spirituality) and that this time will pass.

Practice self-care. Work towards maintaining good health such as: good nutrition - which includes limiting alcohol and caffeine intake, a regular sleep schedule, taking care of your body - getting some exercise, practicing deep breathing, mindfulness/meditation, relaxation, yoga, or Qigong. Try taking up an activity that requires use of your body and mind, which can give you an emotional break: knitting, art, playing an instrument, etc.

Consider making use of mental health and other resources that are available at NJIT and in the community (whether online or via phone).

- **NJIT Center for Counseling and Psychosocial Services (C-CAPS):** C-CAPS provides safe, non-judgmental and confidential services that includes group and individual counseling and psychotherapy and workshops. (973) 596-3420; https://www.njit.edu/counseling/; https://www.njit.edu/counseling/information-mental-health-and-covid-19

- **NJIT Dean of Students Office:** The mission of the Office of the Dean of Students is to support students both in and outside of the classroom and ensure students’ safety as they focus on the completion of their courses. (973) 596-3466; https://www.njit.edu/dos/

- **NJIT Office of Residence Life:** Residence Life is dedicated to providing services that support students’ academic and personal development (973) 596-3039; https://www5.njit.edu/reslife/

- **ULifeline:** An anonymous, confidential, online resource center where college students can be comfortable searching for the information they need and want regarding emotional health. http://www.ulifeline.org/njit/
- **Crisis Text Line:** Serves anyone in any type of crisis, providing them access to free, 24/7 emotional support and information. Text “HOME” to 741-741 (https://www.crisistextline.org/)

- **The Disaster Distress Helpline:** A 24/7 national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor

- **New Jersey Hopeline:** New Jersey’s 24/7 Peer Support and Suicide Prevention Hotline. 1-800-855-NJ-Hopeline (654-6735); http://www.njhopeline.com/

- National Suicide Prevention Lifeline: The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources. 1-800-273-TALK (8255) https://suicidepreventionlifeline.org/

### Other Mental Health Resources That May be Helpful

- **Taking Care of your Behavioral Health:** Tips for Social Distancing, Quarantine and Isolation…

- **Taking Care of Your Emotional Health**
  https://emergency.cdc.gov/coping/selfcare.asp

- **Coping with Stress and COVID-19**

- **5 Quarantine Mental Self Care Tips to Help You during COVID-19**
  https://ioraprimar}ycare.com/blog/quarantine-coping-skills/

- **Self-Care Strategies and Other Helpful techniques**

- **Mindfulness Body Scan Meditation**

- **Coping with Anxious Thoughts (audio meditation)**

- **Acceptance of Anxiety Exercise**
  http://www.integrativehealthpartners.org/downloads/Acceptance%20of%20Anxiety.mp3

- **Acceptance of Thoughts and Feeling Exercise**
  http://www.integrativehealthpartners.org/downloads/mp3/ACT_AcceptanceOfThoughtsAndFeelings.mp3

- **Active Minds: COVID-19 resources for university students**
  https://www.activeminds.org/about-mental-health/be-there/coronavirus/?sm_guid=MzI5MjMwFDFyNzY2Njc0fC0xfGptYW5kYWxhQGRyZXcuZWR1fDI2MTcyNjB8fDB8MHw2OTAxNTczNnwSNTF8MnwwfHwyOTUwMTk1
Looking for Something To Do??

There are many things you can do to manage your emotional wellness during quarantine or isolation. They include things like:
- Video chat/Group video meet-ups with friends.
- Playing virtual games
- Collaborating on stories/writing projects with others
- Watching films, TV, anime, YouTube videos
- Listening to music, podcasts, creating a playlist
- Engaging in hobbies or other creative activities
- Deep breathing/Meditation/Mindfulness/Yoga

Here are Some Additional Things to Do Resources you may want to check-out:

**Quarantine Buddy** – Website created by two college students to connect people during the pandemic
[https://www.qtinebuddy.com/](https://www.qtinebuddy.com/)

**Coping with Quarantine: 102 Self-Care Ideas and Activities to Do at Home**

**Adult Coloring (Nature)** - Coloring categories include serious science: biomes, anatomy, animals, plants and more, plus some pure whimsy
[https://www.coloringnature.org/](https://www.coloringnature.org/)

**“Color Our Collections”** – Free printable coloring pages from the “Color Our Collections” campaign with coloring sheets from over 100 museums and libraries from around the world
[https://mymodernmet.com/free-coloring-pages-color-our-collections/?fbclid=IwAR0CAvtK7O47Ye4RURY3zMfXioiERn_UEs03PvwTr4G6ecww9k--YpsAAQ](https://mymodernmet.com/free-coloring-pages-color-our-collections/?fbclid=IwAR0CAvtK7O47Ye4RURY3zMfXioiERn_UEs03PvwTr4G6ecww9k--YpsAAQ)

**“Just Color”** – Choose from 1,500+ Free Adult Coloring pages to download or to print: various themes, artists, difficulty levels and styles.
[https://www.justcolor.net/](https://www.justcolor.net/)

**Virtual Concerts** - Intimate (home) video performances recorded live at the desks of musicians.
[https://www.npr.org/series/tiny-desk-concerts/](https://www.npr.org/series/tiny-desk-concerts/)

**Get outside....virtually** - Ten amazing virtual museum tours

**Virtual tours of National Parks** – 5 national parks offer virtual tours

**Get Your Body Moving** - Physical and Mental well-being are connected. Here are some resources for free virtual fitness classes

**Vision Boards** - Create an online Vision Board. A Vision Board is a visualization tool used to build a collage of words and pictures that represent your goals and dreams as well as inspirational pictures and words.
[https://www.amazer.me/online-vision-board-the-best-virtual-vision-board-makers/](https://www.amazer.me/online-vision-board-the-best-virtual-vision-board-makers/)
I CANNOT CONTROL
(So, I can LET GO of these things.)

I CAN CONTROL
(So, I will focus on these things.)

- If others follow the rules of social distancing
- The amount of toilet paper at the store
- The actions of others
- Predicting what will happen
- Other people's motives

- My positive attitude
- How I follow CDC recommendations
- My own social distancing
- Limiting my social media
- My kindness & grace

- Turning off the news
- Finding fun things to do at home
- How long this will last
- How others react

Clipart: Carrie Stephens Art
TheCounsellingTeacher.com