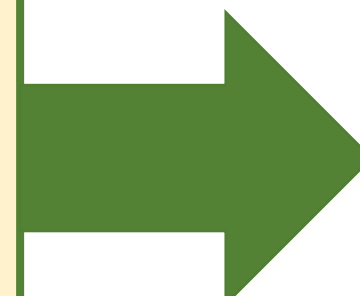


Taking care of your mental health during the COVID-19 outbreak

Feeling overwhelmed and worried for your own health? or that of your family and friends?
Feeling confused about what information is accurate?



Feeling overwhelmed, worried, angry, or stressed about this quickly evolving situation is a **normal response**

What you can do

1. Gain accurate and up-to-date information

what's happening
at UBC?



<https://www.ubc.ca/campus-notifications/>

health advice and
information about the virus



<http://www.bccdc.ca/health-info/diseases-conditions/covid-19>
BC Centre for Disease Control

2. Manage your emotions

- Talk. Be open about your emotions and fears and listen to others if they want to share with you. Talking about your fears can help you process your thoughts and feelings.
- Reduce the amount of time you spend watching the news, following social media, or reading about the outbreak. Only follow trusted sources (as above).
- Use the coping strategies that you know have worked best for you in the past during stressful times, eg., breathe, challenge negative thoughts, journal, watch a comedy.
- Follow all of the recommendations for staying healthy. Wash your hands!
- Get enough rest, eat healthy food, and engage in regular exercise.

3. Talk to a Counselor

If you find that your stress, worry or other emotions are starting to affect your ability to study, sleep or interact with others, you can consider reaching out for professional support. Talking to a mental health professional, even for a one-time conversation, may help you identify some strategies to cope. Here are some options for support:

- Anna Kline, Student Wellbeing Counsellor. 604.822.4928. rm 148b.
kline@allard.ubc.ca
- Empower Me 1 844 741-6389. A mental health service offering counselling in person, by telephone, by video-counselling, or by e-counselling. Empower Me is available 24/7 and is available free of charge for all UBC students.