A Guide to Managing Stress and Anxiety during COVID-19

Brenau University recognizes that the COVID-19 pandemic may be a source of anxiety for you, and our University Counselor Gay Baldwin is here to help you through it. Below are some tips and exercises to help you handle life's everyday — and not so everyday — challenges.

Tools for Mental Wellness

Four things to keep in mind when struggling with stress and anxiety:

1. Monitor your media intake.

2. Balance what you can control.

3. Stay present and stay focused.

Staying Connected

While you are physically distancing to protect yourself and others and prevent the spread, remember the importance of social interaction to prevent feelings of loneliness or isolation. Here is a list of things to help you do this:

Make a short list of friends and family members.

Schedule a time to connect with others.

Share honest and open communication.

When you talk, remember to listen. The other person may be struggling, too.

Maximize positive social interaction online as you minimize any use of media and social media that may be mentally harmful to you.

Managing Worry

It's natural to worry, and not a feeling you have to ignore. But you don't wait worries k

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Grounding Exercise

Grounding is an important ability to keep focused in the present. Grounding skills can be helpful in managing overwhelming feelings or intense anxiety. Consider playing music as you breathe, get yourself into a comfortable position, and watch your breath. Then answer the following:

BUaY⸍)⸍h\]b[g⸍mci⸍WUb⸍gYY]b⸍h\Y⸍fcca⸍k]h\⸍mci"⸍

_____

_____

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BUaY⸍(⸍h\]b[g⸍mci⸍WUb⸍ZYY"⸍

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BUaY⸍'⸍h\]b[g⸍h\Uh⸍mci⸍WUb⸍\YUf⸍f][\h⸍bck"⸍

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BUaY⸍&⸍h\]b[g⸍mci⸍WUb⸍gaY``f][\h⸍bck"⸍

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BUaY⸍%⸍[ccX⸍h\]b[⸍UVci h⸍mci fgYZ"⸍

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If you wish to do so, you can take your answers to this grounding exercise and bring them to life by drawing or illustrating them with a program on your computer.