

Taking Care of Your Mental Health during the Coronavirus Crisis Mississippi Delta Community College Office of Counseling

Please know that stress and anxiety are common reactions to crises and disease outbreaks such as coronavirus. It is important to recognize signs that your stress and anxiety are reaching levels that may affect your everyday functioning. Once recognized, you can take several steps to lower your levels of stress and anxiety for a healthier you! Check out the links below for more information.

Dealing with Stress during an Infectious Disease Outbreak

<https://hrs.wsu.edu/wp-content/uploads/2020/03/Coping-with-a-Disease-Outbreak.pdf>

https://www.furman.edu/counseling-center/wp-content/uploads/sites/110/2020/02/tips_for_managing_coronavirus_concerns_final.pdf

Dealing with Anxiety from Coronavirus (video)

https://www.youtube.com/watch?v=xrxMDan_5Fc&feature=youtu.be

Talking to Your Children about Coronavirus

<https://www.healthline.com/health-news/how-to-talk-to-kids-about-the-coronavirus#Make-sure-you-understand-the-risks>

Additional Exercises You Can Do At Home for Anxiety

https://bit.ly/54321_ref

https://bit.ly/BG_ref

Apps to Support Your Mental Health

Wellness Apps

- [WellTrack](#), for mood tracking, and management of anxiety and depression. Enter your Furman ID for full access.
- [Liberate](#), for mindfulness practice; developed by and for people of color.
- [Mindshift](#), for managing anxiety.
- [Headspace](#), for mindfulness and relaxation.
- [Calm](#), for meditation and relaxation.
- [Breathe2Relax](#), for breathing exercises to calm the stress response.
- [ReliefLink](#), for help with coping during crisis. Includes safety plan creation and location of nearby hospitals.

For information and updates about coronavirus, please visit the CDC's website at this link:

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Should you have questions or need more guidance as it relates to your mental health and coping with stress, anxiety or any other mental illness/issue during this time, please contact one of our counselors. At MDCC, our counselors care about your health and well-being. Please know that we are here for you and your individual needs.