

## Talk One2One

It's important that we recognize the impact of the safety measures in place due to COVID-19 are not easy. Some days are easier than others as we are isolated from each other and daily routines are disrupted. Recognize that it is normal to be feeling more anxious or unsettled. Much of what we are experiencing is not what we are accustomed to as the "norm." Through our partnership with AllOne Health, we have some tips we'd like to share with you to help with coping, try focusing on just one at a time:

- Talk about it. Talking with friends, colleagues, professors, family members or a counselor will help you realize that you are not alone in your feelings.
- Limit media viewing. Take breaks from watching news coverage of the event and/or exposure to perspectives in social media.
- Take care of yourself. Taking good physical care of yourself with rest, exercise, and healthy eating will help your body to deal with stress. Do activities that you enjoy and find relaxing.
- Avoid excess. Avoid using alcohol, drugs, and tobacco products as a way of dealing with stress.
- Resume routines. Getting back to your daily routines in life can be a good method for regaining a sense of control.
- Get involved. Engaging in positive activities and relationships that help you find perspective.
- Recognize your strengths for coping. Also accept your limitations. Give yourself as much time as needed to heal.
- Take security precautions. Make an inventory of what will make you feel secure in your home, workplace, and when you are out in public.

It is okay normal to feel overwhelmed; it's exactly why we have this resource available. Talk One2One provides confidential access to counselors by telephone 24/7/365. You will receive support by a master's level licensed counselor who can provide you with some strategies to help cope whether it's related to managing experiences due to COVID-19 or something else.

Call a counselor at Talk One2One at 1-800-756-3124.