Cope with Stress and Difficult Emotions as They Arise

While everyone reacts to stress, challenges, and changes differently, learning to cope effectively and healthily will help you to manage challenging emotions and thoughts and build your resilience.

- While it is recommended that you reach out for support during this time, it can also be helpful to have various outlets for your emotions and opportunities to check in with yourself and reflect.
  Try journaling - whether it be on paper or on a computer, free-flowing thoughts or responses to questions/prompts, journaling is a healthy exercise to incorporate into your daily routine.
  Use other creative outlets such as painting, drawing, coloring, music, building, etc.
  Soothe yourself using your senses:
  What calms you that you can see?
  What calms you that you can touch?
  What calms you that you can hear?
  What calms you that you can smell?
  What calms you that you can taste?

- Go back to your breath.
  Try paced breathing.
  Breathing deeply from your diaphragm, breathe in for 5 seconds and breathe out for 7 seconds. Play with the length of your in and out breaths to find times that feel comfortable to you, with the focus being on elongating the out-breath.
  Use an app, including Calm, Headspace, Sanvello, Breathe2Relax, and Stop Breathe & Think.

- Remind yourself that this quarantine and isolation period will not last forever. This is temporary and you can get through it.

- Practice self-compassion.
  How would you respond to a close friend or loved one if they were in your current situation?
  Practice responding to your pain and struggles with self-kindness and gentleness, just as you speak to people you love and care for.

- Schedule time for self-care.
  Incorporate time for self-care every single day. If it feels like you are too busy for self-care, that is usually the most important time you need it. Start with 5-10 minutes a day if that feels more manageable, and work your way into a routine that feels sustainable and healthy to you.

HDR

you are not alone

Staying Mentally Well in Quarantine and Isolation
While it is necessary to protect your physical health and the health of others in quarantine and isolation, it is also equally as important to protect your mental health while you are away. Social isolation can bring up feelings of loneliness, sadness, lack of autonomy, loss of control, heightened stress and anxiety, difficulty managing emotions, and even numbness. Below are a collection of tips, strategies, and resources to help you cope effectively in quarantine or isolation.

**Stay Connected and Reach Out**

It can be hard to stay connected when you are in quarantine or isolation. The following ideas and resources can help you fight feelings of loneliness during this time.

- Reach out to a friend or loved one you haven’t connected with recently.
- Find a penpal. Write and send handwritten letters to each other.
- Schedule a video or phone chat every single day with someone you care about.
- Check in with your residence hall. Talk with your Rector or RA. Find out the virtual activities or get-togethers available in your hall.
- Communicate your needs directly. Are you feeling lonely? Are you feeling scared? Are you having a rough day? Talk to someone. Friends, family members, residence hall staff, Care and Wellness Consultants, professors, mentors, campus ministers, religious leaders, University Counseling Center staff, and more are all here to help.

**Take Care of Your Physical Health**

While this might seem like a no-brainer, because social isolation can have effects on your sleep and eating patterns, and a strong foundation of nutrition and healthy sleep patterns is crucial to your mental health, it is extra important to practice the following:

- Wake up and go to sleep at the same time every day, even on the weekend.
- Eat regular and consistent meals and snacks every day. Your brain, body, and immune system still need fuel, even if you are less active than normal. You can also try to schedule a meal with a friend or family member over FaceTime.
- Go to sleep and get up at the same time every day, even on the weekend.
- Eat regular and consistent meals and snacks every day. Your brain, body, and immune system still need fuel, even if you are less active than normal. You can also try to schedule a meal with a friend or family member over FaceTime.

**Structure Your Time and Establish a Routine**

If you are in quarantine or isolation and are feeling physically well, try to structure your day in a way that feels familiar to you. If you are ill, please make sure you are getting plenty of rest and following doctor’s orders, which likely means your daily schedule will look much different than normal.

- Set an intention at the beginning of each day and connect it to your values. For example, “Today I will pursue my value of connection by Facetiming with one of my friends.” or “Today I will pursue my value of health by doing a 30-minute in-home workout.”

**Campus Support**
- University Counseling Center
- Sara Bea Accessibility Services
- Rev. James E. McDonald, C.S.C., Center for Student Well-Being
- Care and Wellness Consultants
- Campus Ministry
- Multicultural Student Programs and Services
- Gender Relations Center
- Office of Student Enrichment

**National Support**
- National Suicide Hotline: 1-800-273-8255
- Crisis Text Line: Text HOME to 741-741
- Substance Abuse and Mental Health Services Admin (SAMHSA) Helpline: 1-800-662-HELP (4357)
- The Trevor Project: 1-866-488-7388 or text TREVOR to 1-202-304-1200
- National Eating Disorders Association (NEDA) Helpline: 1-800-931-2237
- National Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Disaster Distress Helpline: 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746

If you are in a serious and imminent life-threatening crisis, call 911 immediately or go to your nearest Emergency Room.