**Managing Stress and Fear about the Coronavirus**

Given the media spotlight on the Coronavirus outbreak, it is normal to feel overwhelmed, stressed, and even fearful. Here are 5 tips to managing these emotions during the outbreak.

1. Only use trusted news sources

* Social media sites can breed misinformation that can lead to unnecessary worry.
* Instead, rely on trusted sources such as the Center for Disease Control <https://www.cdc.gov/coronavirus/2019-ncov/summary.html> and the World Health Organization: <https://www.who.int/>.
* Maryville has created a webpage with accurate information about the university’s response as well: <https://www.maryville.edu/coronavirus/>.

1. Take news breaks

* Checking the news about the virus repeatedly throughout the day will likely increase your stress.
* Instead, designate a short time (5-10 minutes) twice a day to read the news.
* Disable push notifications so that you only see the news when you are prepared for it.

1. Focus on what you can control

* Focusing on things you cannot control, such as transmission rates or reports on the severity of the illness, will increase your stress.
* Instead, focus your mind on the steps you can take to promote your wellness.
* Wash your hands.
* Stay home when you are sick.
* Avoid close contact with sick people.
* Maintain supplies of essentials such as your daily medications.

1. Use healthy coping skills

* Healthy coping skills will lower your stress level and promote your wellness.
* Examples include:
  + Exercise
  + Meditation and deep breathing
  + Talking to supportive friends and family
  + Music, art, and crafts
  + Take a look at the Maryville Counseling Center’s Virtual Relaxation Room for relaxation exercises and tips: [www.maryville.edu/relax](http://www.maryville.edu/relax)

1. Get help if you need it

* In order to preserve your health and safety, the Counseling Center will not be seeing students in person for the time being. However, counselors are still available to help you.
* Phone sessions are available on request for already established Counseling Center clients in the state of MO.
* All students can consult with a counselor to find resources.
* The Counseling Center Support Line is always available to address urgent needs. You can reach a counselor anytime, 24/7 by calling (314) 529-6630.

**Maryville University Counseling Center**

University Library

(314) 529-9556

[www.maryville.edu/counseling](http://www.maryville.edu/counseling)