



TRIDENT TECHNICAL COLLEGE

Managing Fear and Anxiety around COVID-19

Presenter:

Frank Morea

*Director of Counseling, Career Development, & Services for Students with Disabilities– Thornley Campus
Trident Technical College*



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As information about COVID-19 continues to dominate the news, you can expect to experience a wide range of thoughts, feelings, emotions, and reactions.

We encourage students to take action to effectively cope with the anxiety and sadness that may accompany this disruption to our everyday lives.

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Common Reactions

Normal reactions during the outbreak of an infectious disease cycle include:

- Anxiety, worry, panic
- Feeling of helplessness
- Social withdrawal
- Difficulty in concentration
- Changes in sleeping and eating patterns
- Frustration
- Anger

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Ways to Manage Fears & Anxieties

Although COVID-19 is a health issue that is being taken very seriously by the college and public health authorities worldwide, do not let your worry about this virus control your life.

There are many simple and effective ways to manage your fears and anxieties. Many of them are necessary for a healthy lifestyle and adopting them can help improve your overall mental, emotional and physical well-being.

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Get the facts

Familiarize yourself with the facts about COVID-19 and visit the dedicated CDC website at www.cdc.gov/coronavirus/2019-nCoV

Visit tridenttech.edu for up to date messaging from the college regarding the situation.

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Keep things in perspective

You can limit worry, stress, and feelings of being overwhelmed by lessening the time you spend watching, listening, and reading media coverage.

Although you want to keep informed, especially if you have loved ones in affected areas, remember to take a break from news coverage and focus on the things that are positive in your life and things you have control over.

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Stay Healthy

Adopt healthy habits such as:

- Washing your hands with soap and water or an alcohol-based hand sanitizer
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing
- Avoid touching your eyes, nose and mouth
- Avoid contact with others who are sick and stay home while sick

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Keep Connected

Social distancing doesn't mean social isolation. Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.

Stay in contact with friends and family to share your concerns and maintain healthy relationships.

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Take care of yourself

Everyone reacts to stressful situations differently. Managing your stress takes practice, but you can do it.

Exercising regularly is one of the best ways to relax your body and mind. Yoga, Meditation, and deep breathing exercises are also beneficial for improving your health and managing your stress.

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Trident Technical College's Counseling, Career Development and Services for Students with Disabilities office will continue to provide counseling services to students while classroom instruction has been moved online.

Counseling services are available via secure video conference.

Please email us at Counseling.Services@tridenttech.edu and we will guide you through the process of scheduling an appointment.

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