

# MANAGING REACTIONS TO COVID-19

## Tips and information

During the uncertain and challenging circumstances resulting from the COVID-19 pandemic, you may be experiencing increased levels of anxiety and stress. This information sheet covers managing reactions to the coronavirus and what you can do to take care of yourself.

To find out more information on Griffith University's approach to the current coronavirus situation, please visit [griffith.edu.au/coronavirus](http://griffith.edu.au/coronavirus).

### ***Tips for managing anxiety related to the unfolding news***

- ▶ Rely on trusted sources of information such as Queensland Health ([www.health.qld.gov.au](http://www.health.qld.gov.au)) and the Australian Government, Department of Health ([www.health.gov.au](http://www.health.gov.au)) for updates
- ▶ Do not fall for false information online. It's very easy for inaccurate or even dangerous information to be shared rapidly on social media
- ▶ Remember that local and national public health agencies have done a good job with managing previous viral outbreaks
- ▶ Follow guidelines for avoiding the spread of any virus, such as hand washing, sneezing or coughing into an elbow, and staying home from work if you are not feeling well
- ▶ Prioritize usual strategies for managing anxiety - use relaxation techniques, mindfulness apps, and exercise

Additionally, be attentive to the risks of stigmatizing others. It is important that we reject stigmatizing the Asian community in Griffith University and the broader Australian community. Stigma and discrimination occur when people associate an infectious disease with a specific population or nationality, even though not everyone in that population or from that region has the disease and they are at no greater risk of contracting it.

### ***Self care***

#### **Stay connected**

As the advice to socially distance changes the way we connect and interact with others, it is important to continue to communicate and find ways of connecting with others.

- ▶ Reach out, check-in and continue to nourish relationships with your friends and family by texting, calling or using video call programs such as zoom and skype.
- ▶ Continue to connect and collaborate with fellow students, lecturers and tutors through online portals such as Microsoft teams or Learning@Griffith
- ▶ Join a hobby or interest group through social media

#### **Maintain your day-to-day normal activities and routine where possible**

Having a healthy routine can have a positive impact on your thoughts and feelings. This can include: eating healthy meals, physical exercise like walking, running or stretching, getting enough sleep, and doing things you enjoy.

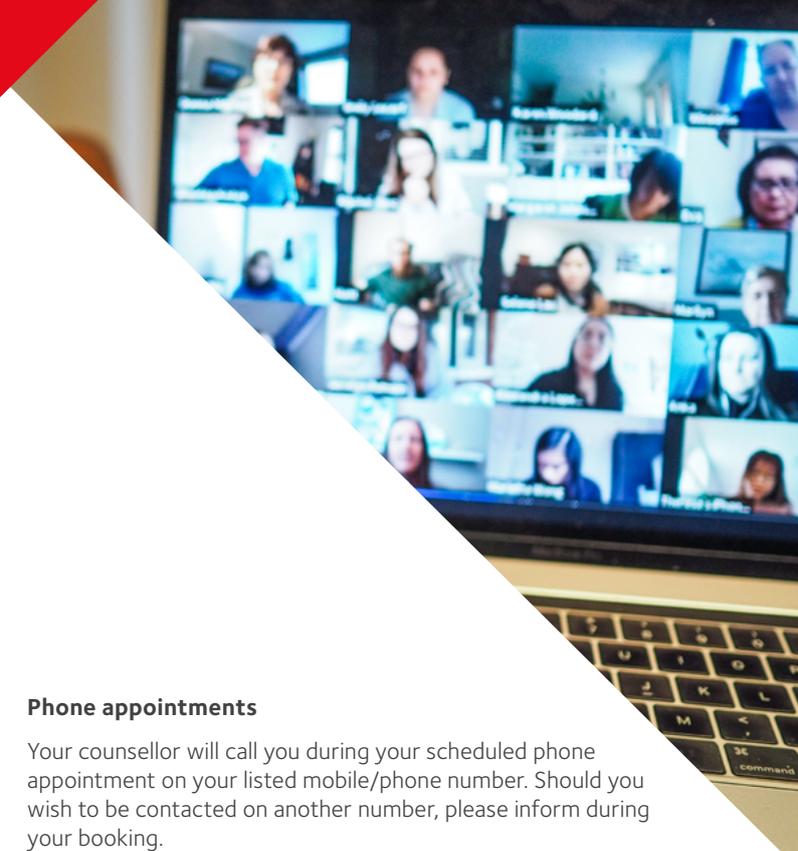
#### **Self help websites and apps**

There are lots of smartphone apps out there to help you manage stress and anxiety. We've picked a few to get you started. You can find more on the [Griffith Online Health and Wellness Centre](#).

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### Calm

Calm. This app has been designed for sleep, meditation and relaxation. This is a great mindfulness app for beginners through to advanced users.



### Headspace

Sleep by Headspace can be found within the Headspace app. It includes everything from meditation, to nature sounds and even music for sleep.



### Smiling mind

Designed by psychologists and educators to bring mindfulness into your life.

## *If you are feeling anxious or concerned*

The [Griffith Online Health and Wellness Centre](#) can direct you to counselling services, as well as numerous other support resources.

### Appointments with a counsellor

As we align ourselves with the University's and medical advice all our appointments are currently over the phone or through video. There is also the option of Counselling Messaging and Email Counselling Messaging.

Please visit [Counselling and Wellbeing](#) for details on booking an appointment.

### Preparing for your appointments

Find somewhere suitable for your appointment; a private space, free from distractions, where your needs for confidentiality can be respected, with good phone or internet connection depending on the mode of your appointment.

## *Types of appointment*

Sometimes it is easier said than done. If you find these challenges significantly impacting on your emotional and mental wellbeing and need to talk to someone, contact the [Counselling and Wellbeing](#) service.

There are also a number of different [support services](#) available at Griffith depending on your need.

### Phone appointments

Your counsellor will call you during your scheduled phone appointment on your listed mobile/phone number. Should you wish to be contacted on another number, please inform during your booking.

### Video appointments

There is also the option of having your appointment via Microsoft Teams video call. If you would like a video appointment, please contact us to let us know. For video appointments you will need to download Microsoft Teams and login using your Griffith University student details. All Griffith University students have access to Microsoft Teams as part of their Office 365 Package.

Please have your Microsoft Teams app open before the appointment and your Counsellor will video call you at the time of your appointment. Should there be technical difficulties and you are unable to connect, your Counsellor will give you a call for a phone appointment instead.

### Counselling messaging

Counselling Messaging (CM) gives you access to ongoing support quickly and conveniently. It is suitable if you are seeking counselling help, have questions about your mental health or simply, just feel like you need to talk to someone. It is a secure, responsive and flexible medium, so you can get support without making an appointment. Once you are registered you have ongoing access to counselling via text.

### Email counselling exchange

Email Counselling Exchanges (ECE) is an effective way to discuss personal issues with a counsellor who will help you consider any changes you want to make in your life. Instead of an appointment, emails are exchanged between you and a counsellor. It is a secure, flexible and effective way to seek help as you write emails in a time most convenient to you. Once registered, you have access to six exchanges in a calendar year.

**If you need to talk to someone right now you can call the Griffith Mental Wellbeing Support Line on 1300 785 442 or text 0488 884 146 for support 24 hours a day seven days a week.**