

Managing Fear and Anxiety Around Coronavirus

Recent news reports about the Coronavirus pandemic, travel restrictions and concerns for our own and our loved ones' health may contribute to increased mental and emotional health distress. UTSA offers you some helpful information and resources.

Common Reactions

Please reach out to the [Counseling and Mental Health Services](#) (students) or [Employee Assistance \(EAP\) Program](#) (employees) if you are experiencing any of the following:

- Difficulty concentrating and sleeping
- Increased anger, irritability, agitation and/or disruptive behaviors
- Hyper-vigilance to your health and body
- Anxiety, worry, panic
- Feeling helpless
- Significant changes in sleep, appetite and/or self-care
- Social isolation or withdrawal
- Thoughts about death, dying and/or suicide

Ways to Manage Fear & Anxiety

Although Coronavirus is a health issue that is being taken very seriously by the campus 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 essential ingredients for a healthy lifestyle; adopting them can help improve your overall emotional and physical well-being.

- **Get the facts.** Seek accurate information from credible resources, such as the [Center for Disease Control and Prevention](#). You may also find useful information from local or state public health agencies.
- **Keep things in perspective.** Limit exposure to social media and news outlets that do not provide any new information and/or sensationalizes the facts. Remember to take a break from watching the news, and focus on the positive things in your life and those that you can control.



- **Be mindful and avoid generalizing.** Someone who has a cough or fever does not necessarily have coronavirus. Maintain and promote mutual trust, respect, civility and dignity in our community. Avoid generalizing about students, faculty or staff who may be sick, protecting themselves from getting sick, and/or from abroad.
- **Stay healthy.** Maintain regular work hours, move throughout the day and eat healthy snacks. Check out these [tips for staying physically and mentally healthy](#) when working at home.
- **Stay connected.** Resist withdrawing and isolating yourself from your family and friends. Maintaining social connections can foster a sense of normality and provide valuable opportunities for sharing your feelings and relieving stress.
- **Seek additional help.** Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support, listed below.

Additional Resources

Students

- [UTSA Counseling and Mental Health Services](#) sessions are available via phone and video conference. Sessions may be scheduled in advance by calling 210-458-4140, option 2.
- The [UTSA crisis helpline](#) is available 24/7 by calling 210-458-4140, option 3.
- UTSA provides students with membership to Therapy Assistance Online (TAO), a self-help app for depression, anxiety and other common concerns providing self-care modules, exercises and information. [Visit the TAO website](#) to get started.

Faculty and Staff

- Counseling is available for faculty and staff through the [Employee Assistance \(EAP\) Program](#). Call 866-327-2400 for assistance.
- [Review helpful information from Rowdy New U](#) about wellness, nutrition, managing stress and more while you work remotely.

