

COPING WITHIN A PANDEMIC



Finding Knowledge, Acceptance, and Space

- Have accurate, up-to-date information from reputable sources:
 - Check regularly updated sources as needed: [Public Health Agency of Canada](#), [World Health Organization](#), [Alberta Health Services](#), [City of Calgary](#)
 - Take technology breaks, be aware of impact of how often you check news/social media
- If you feel anxious or overwhelmed, make a choice about what might be helpful:
 - Acknowledge and accept that you are having this emotion and that it is valid
 - Practice focusing on breathing deeply or try a guided exercise, such as [Calm](#) or [Headspace](#)
 - Ask yourself, “what is a useful task I can do right now?”
 - Distract yourself with an engaging or relaxing activity such as going for a walk outside, listening to music you enjoy, art, talking to others, listen to a podcast
 - Be [compassionate with yourself](#): recognize that it is difficult to adjust to being a student within a pandemic, there is a lot of uncertainty right now!

Useful Planning

- Know important dates such as [degree/semester deadlines](#) and due-dates/test dates on syllabuses
- Create a flexible schedule for yourself in terms of a daily routine, including breaks
- Set small, realistic goals academically and personally (share these with friends or family!)
- Any concerns about any health symptoms, know that [Health Link](#) (8-1-1) can connect you directly with a nurse for general health information and what to do next

Self-Care

- Continue to create social connection through texting, calling or video-chatting. Meet new connections through [virtual events through ISS](#) or [other events across the U of C community](#)
- Keep up physical activity in creative ways. Watch videos of fitness classes or live-stream fitness courses from different facilities; some stretching, dancing, or moving at home is also useful!
- Invite self to engage in previous interest or hobbies, as well as explore new ones.
- If circumstances permit, allow yourself to sit outside and engage with nature
- Maintain consistent sleep/wake patterns and be aware of your [sleep hygiene](#)
- Reach out to others for information, support, or even distraction. Contact [Student Wellness Services](#) for further support around all health and wellness questions/concerns.