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.