

PSYCHOLOGICAL TIPS FOR MANAGING CONCERNS RELATED TO CORONAVIRUS (COVID-19)



Counseling and Psychological Services

518-442-5800

consultation@albany.edu

Business hours:

Mondays - Fridays,

9:00am-4:30pm

RECOGNIZING SIGNS OF DISTRESS



It is normal to experience some psychological distress and a range of emotional reactions to an evolving global health situation, such as COVID-19.

Some signs of distress may include:

- Difficulty concentrating
- Increased fear, anxiety, worries, or feeling paralyzed or overwhelmed
- Trouble sleeping
- Changes in appetite or eating habits
- Crying, sadness, loss of interest/pleasure
- Feeling hopeless and/or helpless

If your distress is interfering with your relationships, academic, work or daily life, or if you have thoughts of self-harm, suicidal ideation, or strong urges to engage in other risky behaviors, please reach out for help.

CAPS is here to support you.

TIPS FOR PSYCHOLOGICAL HEALTH

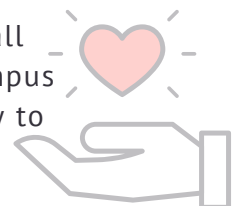
We are aware that students may be impacted by distress related to coronavirus (COVID-19).



- **Acknowledge emotional reactions:** Take a moment to reflect on and name your emotional reactions.
- **Stay with facts:** New information is regularly emerging. Access updates from [Student Health Services](#), the [CDC](#), and the [UAlbany Coronavirus Information webpage](#).
- **Stay protected:** Practice the guidelines and recommendations to prevent disease transmission.
- **Stay calm:** Practice calming rituals and maintain your daily routine.
- **Stay hopeful:** Focus on positive news.
- **Seek out support:** Reach out to friends, support groups, family, and resources on campus such as [CAPS](#) (518-442-5800) and the Middle Earth Hotline (518-442-5777).

RESPECT AND INCLUSIVITY

CAPS is committed to providing psychological support to all students and to promoting an inclusive and respectful campus culture. CAPS urges all members of the campus community to



- Be mindful of behavior and speech
- Avoid generalizations or assumptions about individuals
- Examine any thoughts not based in fact, which may exist when there is uncertainty
- Practice compassion and empathy