

COVID-19 Tips for Coping

It's normal to feel sad, lonely, unsure, and even angry as we experience this pandemic. This pandemic will effect people differently, and you may notice a range of emotions. Below are some tips to help during this uncertain time.

for more tips and up-to-date information, follow us on Instagram @TSU_UCC

Unwind

Remember to take time for yourself and engage in things you enjoy. If the things you enjoy are canceled, explore variations of that activity, i.e., find or rent a movie at home, dim the lights, and pop some popcorn.



Daily Gratitudes

Practicing daily gratitude can reduce stress, boost mood, and improve sleep. Set time aside each day to write one thing you are grateful for.



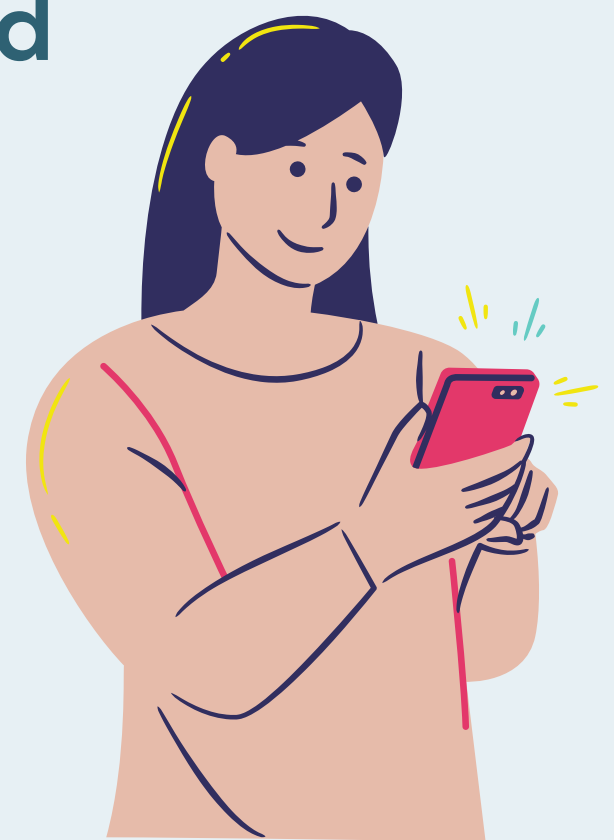
Create a Routine

Creating a routine can help you maintain a sense of normalcy and help reduce overwhelming feelings.



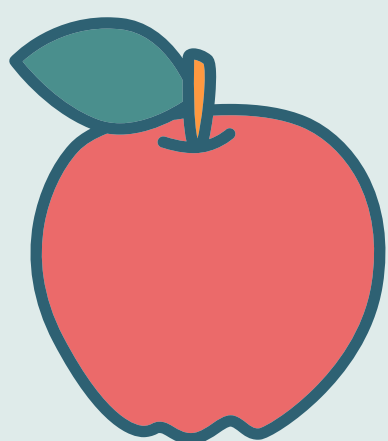
Stay Connected

Reach out to those you trust who you can talk to, laugh with and confide in. While we may not be able to physically be in the same room, phone calls, texting, video apps, and webcams gives us various ways to stay connected.



Take Care of Your Body

Eating healthy, exercising, and getting sleep can assist in reducing overwhelming feelings



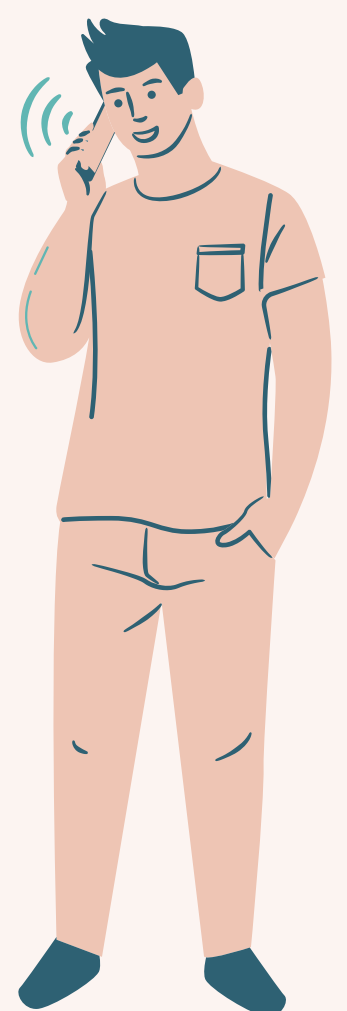
Seek Help

Students

Though there may be miles between us, we are still here to provide services via telehealth. Call 713-313-7804 to schedule an appointment

Faculty/Staff

Are you concerned about a student? Make a referral by calling 713-313-7804. Did you know faculty and staff can receive free confidential counseling through EAP? Call 713-500-3327



Practice Deep Breathing

Deep breathing and guided meditation are great ways to help you reduce overwhelming feelings. Check out our Instagram page for some guided exercises @TSU_UCC



Texas Helpline: 833-986-1919

National Helpline: 1-800-662-HELP (4357)



TEXAS SOUTHERN UNIVERSITY

Division of Student Services
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