

TIPS FOR MANAGING DURING COVID19

- Remember that people have different coping styles. When faced with uncertainty some people feel an increased need to be productive and focus on external things under their control but others feel a need to be less active and focus on their internal needs. Neither strategy is right or wrong.
- Faculty, staff and students need to be prepared to be more patient and offer more support to others than they would in other times. Many people are working under novel, stressful conditions. Studying and testing may be occurring in chaotic environments.
- People may be experiencing resource insecurity. Worry about where their next meal comes from or how they will pay rent will interfere with their ability to focus on school or work.
- For those who are new to working and studying at home there are some things you can do to avoid burnout and help manage some of the chaos of working in close quarters with family.
 - Set up a defined space
 - Maintain a schedule, this includes turning of notifications on your phone if you are able to
 - Set boundaries with other members in our household

On Campus Support

- Monsour Counseling - open for crisis and psychiatry services from 9:00-1:00, Monday-Friday. Please call first (909-621-8202).
- [Campus.Health](#) – Telehealth/online medical and counseling services
- Student Disability Resource Center - sdrc@cuc.claremont.edu or 909-607-7419
- Chicano Latino Student Affairs (CLSA) - (909) 621-8044 or clsa@claremont.edu
- Office of Black Student Affairs - 909-607-3669 or obsa@claremont.edu
- Chaplains - (909) 621-8685 or chaplains@claremont.edu

Resources

- Managing Uncertainty – we have to manage our uncertainty in order to be able to focus on other aspects of life
 - <http://www.artofwellbeing.com/2016/09/06/uncertainty/>
 - <https://mindfulminutes.com/9-ways-to-build-your-capacity-to-manage-uncertainty/>
- Academics
 - Inside Higher Ed's Tips for helping students continue to learn
<https://www.insidehighered.com/advice/2020/03/17/10-strategies-support-students-and-help-them-learn-during-coronavirus-crisis>
 - Tips for students who have switched to online learning
<https://www.uml.edu/news/stories/2020/online-study-tips-for-students.aspx>
- Mental Health
 - Focus on healthy coping skills <https://www.verywellmind.com/forty-healthy-coping-skills-4586742>
 - The JED Foundation's links for managing mental health during COVID 19
<https://www.jedfoundation.org/covid-19-and-managing-mental-health/>
 - Active Minds – has great resources including webinars for how to manage mental health specifically during COVID 19 <https://www.activeminds.org/about-mental-health/be-there/coronavirus/>
 - Love is Louder – tips for mental, emotional and physical health <https://www.loveislouder.org/>
 - Mental Health America – has an amazing list of resources for just about any need going well beyond mental health on their website <https://mhanational.org/covid19>
- Social Connections
 - Nod offering its app free to college students <https://heynod.com/>
 - The Gottman Institute – The Gottman's have been studying relationships for decades and their website is a wealth of information <https://www.gottman.com/>
 - Esther Perel – a psychologist who can tell you healthy way to manage relationships at home and at work <https://www.estherperel.com/>
- Financial Resources
 - Find Help locates assistance for food, paying bills and other financial support programs including new programs created to help during COVID19 <https://findhelp.org/>
- Physical Health - there are lots of fitness instructors and studios offering free classes through Facebook and Instagram live, if you have a favorite check them out or do a search of YouTube for some good selections