

The information about coronavirus can leave some feeling overwhelmed. Here are some tips to help manage those feelings.

Get information from reliable sources:

[BU Today](#) will continue to provide updated campus information. For further information, see the [CDC website](#).

Limit your intake of news:

If you feel distressed, limit your exposure to media. Although it is important to stay informed — especially if you have loved ones in affected countries — remember to set limits on how much information you are taking in. Over-exposure to information can be overwhelming.

Maintain your routine and engage in healthy activities:

Going about your daily life. Basic acts of self-care can make a real difference during times of stress. Take breaks while studying, Connect more often with family and friends. Take on fewer commitments. Find what feels nurturing to you.

Listen to the experts:

Follow the protection and prevention tips given by medical professionals such as Student Health Services here on campus, national medical authorities and your own medical doctor.

Don't make assumptions about others:

Avoid making assumptions about anyone who is sick. Self-awareness is important in not stigmatizing others in our community.

Stay healthy:

Remember to wash your hands with soap warm water for at least 20 seconds or used alcohol-based hand sanitizers. Do not share food or drink. And sneeze or cough into your arm or a tissue. Get the flu shot if you have not, it is not too late!

Seek additional help:

Individuals who feel overwhelmed by worry or anxiety can seek additional professional support through Behavioral Medicine (617-353-3569).

