



Stress Management Techniques & Tips for Coping with COVID-19

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Learning Objectives

- Define stress
- Identify common stressors in quarantine
- Identify strategies to cope with stress
- Discuss stress management techniques

How are you feeling today?



Fast Facts: Stress

- Stress is a normal reaction to everyday pressures but can become unhealthy when it upsets your day-to-day functioning.
- Stress can be positive or negative.
- Learning healthy ways to cope can help reduce stressful feelings and symptoms.

Common Signs of Stress

Psychological

- Depressive symptoms
- Anxiety
- Irritability
- Restlessness
- Rumination, racing thoughts, constant worry
- Problems with memory and decision making

Physical

- Low energy
- Headaches
- Upset stomach
- Aches, pains, and tense muscles
- Changes in sleep patterns
- Changes in eating patterns



A Review of the Psychological Impact of Quarantine:

During Quarantine

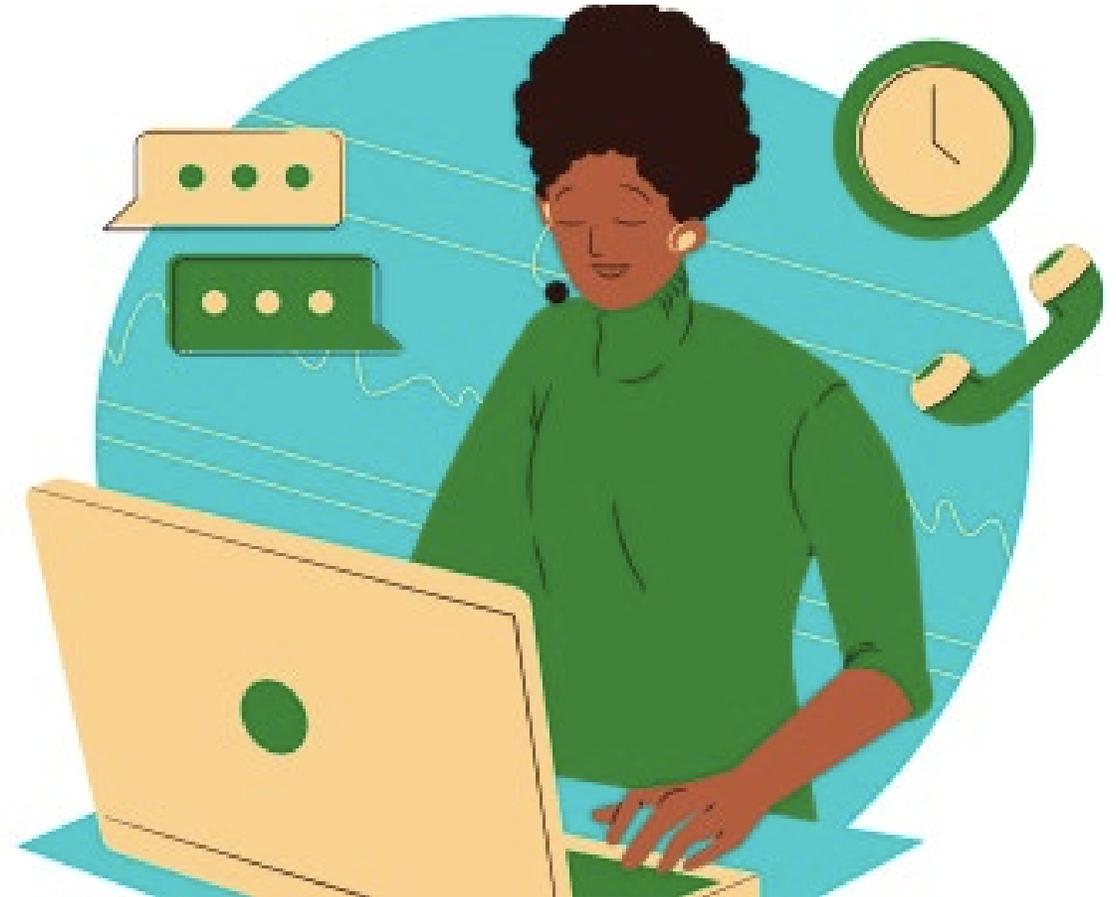
- Concern about basic needs
- Worry about staying well-informed
- Psychological distress
- Fear for own and others' health
- Frustration and boredom

After Quarantine

- Financial hardship
- Anger and anxiety
- Stigma
- Avoidance behaviors

The Stress of Working Remotely

- Working around the clock.
- Feeling isolated, chronically fatigued, and unmotivated.
- Procrastination, forgetfulness, lack of productivity.
- Anxiety about not doing enough work or fatigue from doing too much work.
- No clear difference between when we work and when you are just at home.
- Lack of routine.



What can we do?

1. Develop resilience
2. Engage in healthy behaviors
3. Practice self-care
4. Incorporate stress management strategies into our everyday life

Resilience

- Resilience is a process that helps individuals reach good outcomes in the face of adversity.

Build resilience by...

1. Developing relationships & staying connected with others
2. Practicing self-care
3. Finding your purpose
4. Accepting change
5. Learning from your past

Healthy Ways to Cope with Stress

- Take care of yourself.
- Talk to others.
- Avoid drugs and alcohol.
- Take a break from the news.
- Recognize when you need more support.

Why is it important to practice self-care?

- Practicing self-care helps maintain a healthy relationship with yourself.
- Self-care can help to increase positive feelings, confidence, and self-esteem.
- Self-care helps replenish your resources.

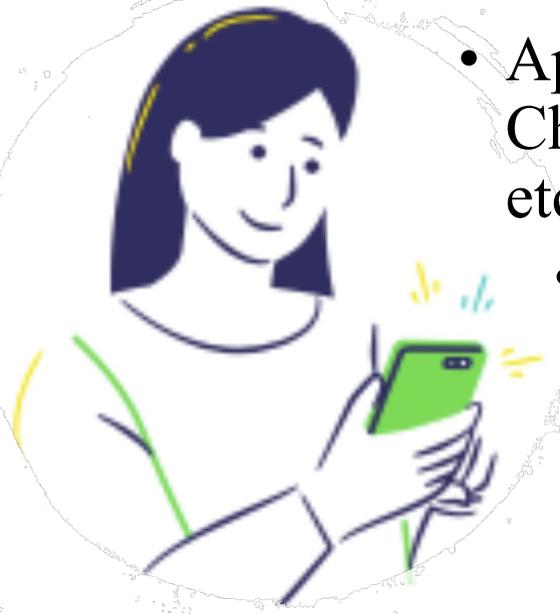
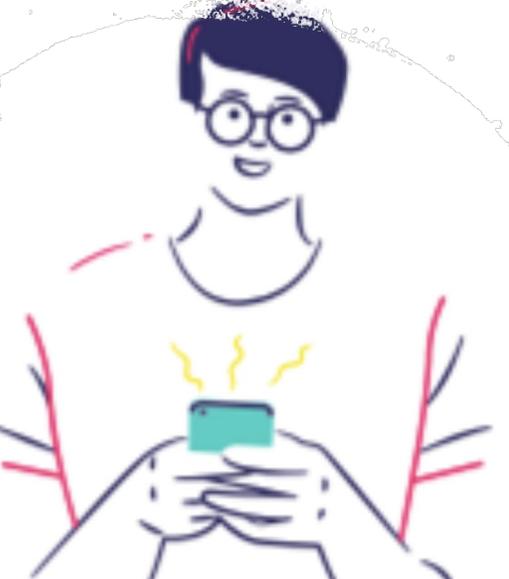


You can't pour from an empty cup!

- Things that take from your cup
 - Stressful situations
 - Fear and anxiety
 - Overworking
 - Fatigue
- Things that add to your cup
 - Personal Time
 - Rest and relaxation
 - Fun activities
 - Activities that add to personal wellness



Stay Connected

- **Schedule times to talk with people**
 - Phone calls
 - Video chat
 - Apps that allow for interaction (Google Chat, Zoom, FaceTime, WhatsApp, etc.)
 - Games that allow virtual interaction
 - Virtual support groups
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Self Check-in Checklist:

- How do I feel right now?
- Is there any tension in my body?
- What are my emotions/body trying to tell me?
- What needs are not currently being met? How do I meet them?

Physical Wellness

- Drink water
- Practice mindful eating
- Stretching, yoga, light workouts, dance parties
 - Take relaxing baths and showers
 - Keep moving your body





Sleep

- Stay on a schedule
- Create a relaxing routine before bed
- Cut out caffeine in the late afternoon
- Do something quiet and relaxing before bed
- Consider white noise machine/relaxing music

Stay Informed

- Get information about COVID-19 from reputable sources
 - Reduce stigma and false information surrounding COVID-19
 - Take breaks from the news and social media
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Meditation

- Guided meditation on YouTube, Apps, Podcasts, etc.
 - Guided imagery
 - Guided breathing
 - Meditation music
 - Body scan

Grounding

- Breathe: *Inhale (4) - Hold (7) - Exhale (8)*
- Connect yourself to the ground
- Describe your surroundings in detail
- Activities that require 5 senses
 - Wearing your favorite sweater, essential oils, having a cup of tea
- Progressive muscle relaxation





Apps for Self-Care

Meditation and Breathing

Music

Writing

Coloring



Listen to Podcasts



• Popular Topics

- News
- History
- True Crime
- Technology
- Comedy
- Storytelling
- Relationships
- Business
- Society & Culture
- Sports
- Investing

Not sure where to start? Take 5!

- **Take 5 minutes to...**
 - Do nothing
 - Breathe
 - Drink a warm beverage (tea, coffee, etc.)
 - Stretch
 - Read
 - Listen to music
 - Light a candle/incense/diffuser
 - Journal





**What will you be
adding to your
cup?**

Type an activity you'll
add to your self-care
into the chat!

Questions?

