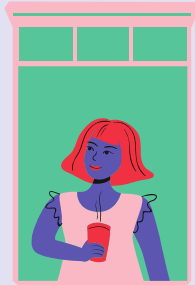# Coping with COVID-19

The situation around COVID-19 may make you feel worried, isolated, or overwhelmed.

There are things you can do to care for your mental wellbeing during these uncertain times:

Remember that your feelings are valid

There's no 'right' way to respond to the challenges associated with COVID-19. Tune into what you're experiencing, and try to approach your feelings without judgment.

Stay connected

Find ways to stay in touch with your social supports and loved ones (e.g., a phone call, video chat, or text).

Limit news intake

Limit the time you spend taking in COVID-19 news. We're getting a lot of information, and things are constantly changing. This can feel overwhelming.

Maintain a routine

Having a schedule helps us feel a sense of control during a time of uncertainty. Try planning out times for classes, meals, and social connections.
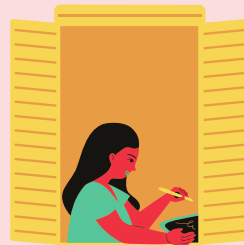
Maintain perspective

When times are stressful, it's important to remind yourself of what's good in your life and what's important to you: loved ones, accomplishments, goals, hobbies and more.
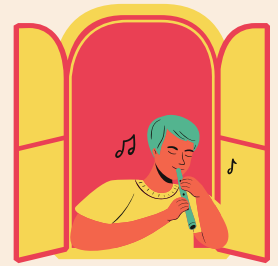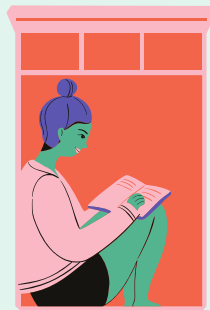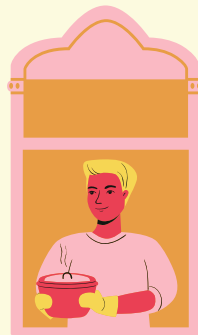
Engage in self-care

Acts of self-care can make a positive impact during stressful times. Take breaks while studying. Do things that make you happy. Take on fewer commitments. Find what feels nurturing to you.

There are virtual BU resources available to support you:
- Online workouts through FitRec
- Community engagement opportunities through the Student Activities Office, Dean of Students Office, and Howard Thurman Center
- Wellbeing resources from The Wellbeing Project
- Arts events through the BU Arts Initiative
- Mindfulness & meditation offered on BU Headspace

Consider seeking additional support

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