



Dear CCNY Community,

During this difficult time, the CCNY Counseling Center would like to present our ***Letters to Home series***. A weekly newsletter filled with information on how to care for your mental health.

This week we present:

Letters to Home - Managing Pandemic Stress

In times of uncertainty and high stress, it is important we develop the proper tools and recognize that feeling higher levels of stress and anxiety are common reactions. Below are some tips for managing our emotional well-being.

- **Stick to the Facts:** there is an endless stream of information coming from different avenues. Stay informed with the latest health information about the COVID-19 through the CCNY Website and the CDC website.
- **Set Your Boundaries:** manage anxiety and worry by limiting the amount of time spent watching/listening to coverage or engaging in conversations about the virus.
- **Stay Connected:** as social beings, our social networks can have positive influences on our mental health. Talking about your feelings can lessen the intensity. Check in on one another.
- **Find a Sense of Normalcy:** whether it's working or studying (or both!) from home, it is easy to lose track of the day of the week and dates. Find a routine/schedule that allows you to be mindful of each day and keeps you engaged.
 - Move around, stretch your body, reserve one spot to engage in work or classes, find time to eat, get fresh air, and drink water.
- **Advocate for Yourself:** remote learning is a new process for professors and students alike. Don't be afraid to communicate possible barriers and difficulties you may face. Creative problem-solving can be useful!
- **Breathe!** Don't forget to breathe and release any tension you feel. Experiment with guided meditation and soothing techniques that work for you.

- **Seek Additional Support:** It can be helpful to connect with additional mental health professionals to address overwhelming anxiety or emotions.

Additional Resources:

https://www.youtube.com/watch?v=L1XmVCqOYn8&feature=emb_rel_end.

<https://www.headspace.com/>

<https://www.youtube.com/watch?v=aXltOY0sLRY&t=61s>

<https://www.youtube.com/watch?v=TW-2j13jpo4>

For immediate mental health support please call NYC Well 1-888-NYC-WELL (888-692-9355). NYC Well provides free, confidential services to support mental health concerns. NYC WELL is available 24/7 and can provide assistance in over 200 languages.

You can also text WELL to 65173 or access the NYC WELL website at <https://nycwell.cityofnewyork.us/en/> to chat with a counselor.

Stay safe and take care of each other!
The Counseling Center