

# CAPS

## HOW TO STAY CONNECTED DURING COVID-19



### STAYING CONNECTED

#### DISTANT BUT SOCIAL

Pacific CAPS wants to extend our support and commitment to the Pacific community as we navigate the impacts related to COVID-19.

Reactions like fear, anxiety, stress, confusion, isolation, uncertainty and depression may be common during this time.

Here we hope to highlight some strategies for coping and ways to stay mentally and emotionally well in all of this uncertainty.

#### COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

#### WE'LL GET THROUGH THIS TOGETHER

Staying Connected

Ways to Cope

Communicate with Others

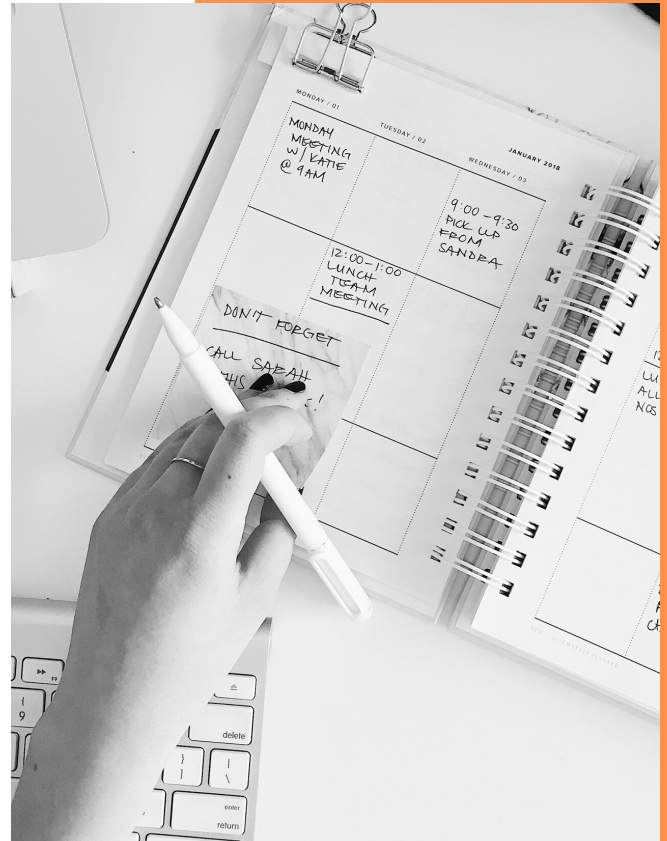
Mental Health Next Steps

Accessing Services

# WAYS TO COPE

## STRATEGIES

- Avoid excessive exposure to media coverage, including social media.
- Set social media and technology time limits.
- Take care of your body. Take deep breaths, stretch, and meditate.
- Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and limit alcohol/drug use.
- Make time to unwind. Try to do some activities you enjoy, like reading a good book, watching your favorite show, listening to your favorite music, squeezing a stress ball, or allowing yourself to day dream for 10 minutes.



# COMMUNICATE WITH OTHERS

## EXAMPLES

- Talk with people you trust about your concerns and how you are feeling. Schedule FaceTime/video dates with friends and loved ones.
- Practice tolerating anxiety. Work on learning how to gradually face uncertainty in daily life by easing back on certainty-seeking behaviors (such as texting a friend immediately the next time you need an answer to a question).
- Allow your anxious thoughts, feelings, and physical sensations to wash over you, accepting anxiety as an integral part of your human experience.
- Seek professional help if you need it.

**"WHEN YOU FOCUS ON THE GOOD, THE GOOD GETS BETTER."**





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## MENTAL HEALTH

### NEXT STEPS

Any Students who have questions about mental health services, how to access them, or what the next step is in regard to their mental health may call 209.946.2315 x2 and speak to someone on the CAPS staff to get their questions answers. We will also be posting tips and strategies for managing mental health out on our social media platforms (Facebook, Twitter, and Instagram @PacificCAPS).

CAPS will be hosting weekday virtual group gatherings to foster connections even from a distance. Check the website and our social media platforms for more information.

## ACCESSING SERVICES

### REACH OUT

CAPS is making every effort to ensure that our therapists are trained in telemental health and have the equipment necessary to provide ethical, legal, and competent telemental health services to our students who are remaining in California. For students who are not in California, we will help them find resources in their local area.

All students have access to our telephone therapist at 209.946.2315 x2 (during business hours, ask to be transferred to our on-call therapist; after business hours wait for the CAPS voicemail and press 4 to be connected). All students also have access to TAO (<http://thepath.taoconnect.org>) regardless of where they are currently residing.