

Managing fear, stress and anxiety



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As we all learn to live with COVID-19, it's normal to experience a wide range of thoughts and emotions.

Common reactions

- Anxiety, worry or panic
- Social withdrawal
- Difficulty concentrating or sleeping
- Overexposure to media
- Feeling helpless or confused
- Hyper-vigilance around your health
- Anger
- Feelings of loss or grief
- Scepticism or bravado
- Being snappy or irritable
- Using alcohol and/or drugs to relax
- Excitement, relief, curiosity



It's important to take this health issue seriously, but try not to let your concerns control your life. There are many simple and effective ways to manage fear, stress and anxiety.



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Tips to manage fear, stress, and anxiety

Get the facts.

Use our health and safety app, SAFELU, to receive campus updates.

Keep things in perspective.

Take a break from the news and focus on positive things.

Acknowledge your emotions then turn your mind to other things.

E.g: "I know I'm worried and I know worry doesn't help, so what can I think about or do instead?"

Relax your mind and come back to the present moment.

Be patient with yourself and others. Assume other people are trying to do the right thing.

Focus on responding constructively.

It works better than getting wound up.

Find activities that give you a sense of mastery.

Even simple tasks such as making your bed or going for a walk.

Engage in activities that are the opposite of worry.

Listen to upbeat music or watch a comedy etc.

You'll stay in better health if you don't focus on worst-case scenarios.

Visualise yourself and even others doing well.

Think about what you might say to comfort a friend.

Say this kind of thing to yourself.

Practise gratitude.

Spend time each day thinking about three things you are grateful for.

Try not to dwell in regret about things you can no longer do.

New opportunities will emerge from this situation.

Avoid catastrophising.

Something as simple as saying "that's interesting" rather than "that's awful" can be helpful.

Be aware of how your body can affect your mental state.

To feel better, do simple things like taking a walk outside and noticing things around you, especially nature, breathe deeply, stretch often and smile.

Don't judge without knowing the facts.

Someone who has a cough or a fever does not necessarily have coronavirus.

Stay connected with friends and whānau.

People are social animals and we all feel better when we're in touch with loved ones.

Smile at people over your mask.

They can see your eyes crinkle and it makes both of you relax automatically and feel less stressed.

Manage your worries.

Imagine placing your worries into a box with a lid. You can go back anytime you want to process them or simply leave them in the box.

Seek additional help.

If you're really anxious, it can help a lot to seek professional mental health support.



Support contacts

Emergencies

If you or someone else is at serious risk of harm
Call Emergency Services P: 111

Campus Security

P: 0800 545 388

National contacts:

For mental health concerns 24/7

Free call or text 1737

Healthline

P: 0800 358 5453

Diversity Counselling NZ

E: contact@dcnz.net

Women's Centre free counselling

E: support@womenscentre.co.nz

Students:

Student Health

P: 03 325 3835

Wellbeing Advisors

E: wellbeing.support@lincoln.ac.nz

Inclusive Education

E: inclusive@lincoln.ac.nz

International Student Advisors

E: internationaladvisors@lincoln.ac.nz

Te Manutaki, Māori and Pasifika Support

E: ompd@lincoln.ac.nz

LUSA Student Advocacy

E: students@lusa.org.nz

Faculty and staff:

Employment Assistance Programme

P: 0800 327 669

SAFELU App

Download **SAFELU** for easy access to support contacts