

We acknowledge how hard it's been for all of us to adjust to life in this current world as well as dealing with emotions such as fear, uncertainty, and anxiety. Take care of your mental health and well-being with a few of these tips to get you through the current challenges.

Mental Health and Well Being Tips

Reduce the Input

Notice if keeping up with the current events is increasing your levels of anxiety. Often, high levels of anxiety are made worse by watching TV, listening to the radio, and reading news can be lowered by limiting your exposure to the sights and sounds of the current situation. Try watching television reports at the beginning of the hour when they summarize the news and do this only every few hours.

Recognize Your Own Feelings

Knowing that some of the physical and emotional problems you might be experiencing are stress related helps to reduce their effect on you. It also helps to know that this is a shared experience.

Talk to Others About Your Feelings

Understand that many others may share these feelings about what you are experiencing.

Accept Help From Others

If you need help putting your feelings in perspective, talk to a mental health worker. In this kind of situation your coping skills may be stretched.

Deal With Stress and Range of Emotions

Intense emotion may be a part of what you are feeling. Exercise or physical activity is one way to deal with frustration, and is great for relieving stress. Deep breathing or meditation can also defuse and release stress.

Reach Out

Offer to listen to others who might need to talk. If you feel so moved, offer to volunteer time (virtually), money or necessities to those in need.

Do Something You Enjoy and Stay Connected

Whenever possible, take a few minutes to enjoy the people and nature around you. As you monitor your stress level, also allow yourself to relax.

Seek Help from UCR Mental Health Providers

- CAPS: Students may contact [Counseling & Psychological Services](#) (CAPS) at (951) 826-5531 to speak with a counselor.
- UCR Staff and Faculty can contact: [Faculty and Staff Assistance Program](#) at (951) 781-0510 or (800) 266-0510 for confidential counseling, referral, or other resources.

- Seek help online. ARHE ([Association of Recovery in Higher Education](#)) has a list of virtual national recovery meetings open to students, staff and faculty for free: Virtual Collegiate Recovery Resources - ARHE 2020.

We hope you find these tips and resources helpful. UCR [Healthy Campus](#) and the [Faculty/Staff Wellness Program](#) remains committed to the health and well-being of the campus community.

If you have any questions or would like more information, feel free to reach out to healthycampus@ucr.edu or wellness@ucr.edu.

Stay safe and healthy!