



## How to Cope with Current Stress

- ✓ **Identify how you feel.** Some of the feelings that you encounter may include: fear, stress, helplessness, anger, numbness. Give yourself permission to feel the way you feel -- this is an unusual situation.
- ✓ **Engage in action.** Staying frozen may increase fear and helplessness.
- ✓ **Take care of the needs of your body.** You are emotionally stronger when your body is strong.
  - Sleep: 7-8 hours per night.
  - Eat: 3 meals per day.
  - Exercise: Physical activity can reduce stress: walk, run, go to the gym.
  - Stay away from alcohol and drugs: You need to stay sharp!
- ✓ **Connect with like-minded people:** Talk with friends, notice the very many people on Campus who support you!
- ✓ **Be measured in how much media and news you consume.** It is important to stay updated, but consuming news non-stop can increase anxiety and a sense of helplessness. Also, be selective with what news sources you follow. Some of them generate false news that feed fear.
- ✓ **Don't neglect your daily responsibilities:** Attend classes, do homework, prepare for exams -- it will distract you from the anxiety and you will feel more in control. If you feel that due to recent events you cannot meet your academic obligations, talk with your Student Affairs Dean, or directly with your Professors or TA's. They will try to be supportive.
- ✓ **Use spirituality for comfort and guidance.** Pray, meditate, reflect.
- ✓ **Seek out help and support from additional Campus resources:**
  - CAPS (Counseling and Psychological Services for students): Call 858-534-3755 or walk-in to Galbraith Hall 190. Services are confidential! Phone help is available 24/7.
  - For post-docs, scholars, staff and faculty: Faculty and Staff Assistance Program (FSAP). Call: 858- 534-5523.
  - Academic Advisors at the College, Department, Program
  - International Center: International Students & Programs Office (ISPO)(istudents@ucsd.edu or 858-534-3730) or International Faculty & Scholar Office (IFSO)(ischolars@ucsd.edu or 8580246-1448
  - Community Centers on campus: Cross Cultural Center, Black Resource Center, Raza Resource Center, Women's Center, LGBT Resource Center