You are not alone!
Many of us are concerned about the outbreak of the COVID-19. We might feel worried, anxious, lonely and stressed at times. It is important for us to take care of our mental health while maintaining social distancing and prevent the disease.

Love yourself more and take care of your mental health

1. Recognize your feelings
All of us might respond differently to stressful situation. It is okay to feel a certain way in light of the rapid change and development of COVID-19. There are no right or wrong feelings. It is a matter of how we manage it. Make sure to recognize your feelings by listening to yourself, asking yourself how you feel and what make you feel that way. Focus in the moment and try to do a small task that can help you feel better.

2. Try to put things into perspectives
Understand that you cannot control some of the life’s risks, but you can do things in your own life to protect yourself, as stated by Rice’s Crisis Management guidelines.

3. Stay connected with your support system
Keep in touch with family, friends, College Personnel Team, coach, mentor, spiritual leader, or therapist. Reach out and let them know what you need. Video chat, call or text them to show your care and support.

4. Take one thing at a time
Make a to-do list and separate things that you can and cannot control. Break your list into manageable, measurable and realistic tasks.
5. Minimize news consumption
Look to credible sources like the CDC.gov. Stay informed, but limit overexposure to crisis news.

6. Maintain a healthy lifestyle
Keep up as much of daily routine as possible. Try to stick to your school schedule as you were on campus. Eat healthy food and exercise regularly. Avoid drugs and alcohol. Have adequate rest and sleep.

7. Make time to unwind
Do things you don’t normally have time for: read the book you are longing to read, paint, organize those papers, exercise with yoga, dancing, mediation, workout videos or running, keep a journal of your experiences and feelings. Check out the resources online or free mental health apps. Try to make it fun daily activity.

Online Resources


Rice University Crisis Management - https://emergency.rice.edu/

Self-Compassion Practices by Dr. Kristin Neff - https://self-compassion.org/

UCLA Mindfulness Awareness Research Center - https://www.uclahealth.org/marc/mindful-meditations

University of Virginia, The Mind Trails Project (Anxiety management) - https://mindtrails.virginia.edu/

24/7 Hotlines
Crisis Text Line by texting “BRAVE” to 741-741

National Domestic Violence Hotline - 1-800-799-7233 or 1-800-799-7233 for TTY, or text LOVEIS to 22522

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

The Harris Center COVID-19 Mental Health Support Line - 833-251-7544

The Trevor Project, LGBTQ Youth Crisis Line - 1-866-488-7386 or text START to 678678

Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746. (TTY 1-800-846-8517)

United Way, referrals for basic needs or other essential services - 211

QUESTIONS?
Wellbeing & Counseling Center
Our staff will be available virtually Feel free to reach out to us at 713-348-3311 (24/7)
wellbeingandcounseling.rice.edu