

Looking After Your Mental Health During the Coronavirus Outbreak

Health Service Center

The global situation is rapidly changing. Due to the Coronavirus outbreak classes have been delayed, movement has been restricted, and the government is encouraging people to stay at home. You might feel anxious about the unpredictability of the situation and how it will affect you. This feeling is completely natural. Here are some tips we hope will help you to look after your mental health during this time:

Stay healthy: Get enough rest, eat well, and exercise regularly

Despite disruptions to your usual daily schedule, it is important to keep a regular sleep schedule and get enough rest. Participate in online classes at the appropriate time and try not to mix up your sleep patterns by sleeping through the day and being active at night. Do light exercise or relaxing stretches at home. If you feel the need get out of the house to exercise, take care to observe social distancing measures and avoid areas that are usually crowded.

Try not to overwhelm yourself with information

The constant barrage of information about the Coronavirus can be overwhelming, especially when the information seems contradictory. Rumour and speculation can fuel anxiety. Try to only access information from reputable sources.

Prioritize looking after yourself and try to enjoy your time at home

You do not need to be productive every moment of the day. Though studying is important, you should also take a break when necessary. Discover a new hobby, listen to your favourite music, read a book, play a game or build a puzzle, watch a movie or try out that new tv series you have been meaning to get to. Whatever you choose to do, it is important to take the time to enjoy yourself.

Stay connected

The support of loved ones is vital in times of stress and confusion. Even if you cannot meet up with your friends and family in person, it is important to stay connected via telephone, email, or social media.

If you feel anxious or depressed and need someone to speak to, please call the following numbers:

086-251-7217 (Tsushima Campus)

086-235-7487 (Shikata Campus)

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Japanese Red Cross Society Website : 2020

http://www.jrc.or.jp/activity/saigai/news/200327_006138.html

