

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 might be struggling to adjust. There might also be some staff who feel unsure as to how to sufficiently guide their students during this time. These feelings are completely natural; please be assured that you are not alone. Here are some tips we hope will help you to look after your mental health during this time, as well as some tips on how to support your students:

[How to cope with stress during self-isolation](#)

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. Try not to mix up your sleep patterns by sleeping during 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. Try to only access information from reputable sources. If you start to feel stressed or overwhelmed, take occasional breaks from the news. It is okay not to know how the situation is developing every second of the day.

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

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 refresh and reenergize.

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.

Try to accept that the situation is constantly changing: be flexible

During this unpredictable time, it is best to expect the unexpected. Try to be flexible and, if something unexpected occurs, take the time to consider the situation calmly before reacting.

Be prepared for a variety of reactions from your students

It is likely that many students are experiencing anxiety or loneliness as a result of delayed classes, self-isolation, and/or restricted movement. As such, it is possible that some students may display uncharacteristic behavior. No matter your students' reactions, please try to acknowledge their feelings and calmly deal with their behavior.

Encourage your students to maintain a daily routine

A disruption to daily routines and sleeping habits may negatively affect mental and physical health. Encourage students to maintain their daily routine and to participate in classes during regular class hours rather than late at night.

Let students know that they are not alone

It is very important to keep students from feeling isolated in order to support their mental and physical health. Maintain the connections usually fostered through research guidance and seminars by sending regular emails and conducting online seminars.

Pay special attention to international students

International students that are staying in Japan without their families might experience heightened feelings of isolation and anxiety. Furthermore, those who do not speak Japanese fluently might find it difficult to access reliable information about the developing situation in Japan. Please check on your students by sending them an email to ask them if they are experiencing any difficulties.

Please feel free to contact us if you would like support with your own mental health or if you have any questions on how to support your students.

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

