Many international students have expressed concerns regarding their stress levels or anxiety related to the current situation. This is normal. The outbreak of COVID-19 is stressful for many people and these feelings can often be overwhelming. Below are some resources (adapted from the CDC) to help assist you in coping with the current situation.

**YOU ARE NOT ALONE**

ISL and UGA are here to support our students in the best way possible. Reach out to ISL at isl@uga.edu or Student Care and Outreach at sco@uga.edu if you have concerns or feel overwhelmed.

**TAKE CARE OF YOUR BODY**

Take deep breaths, stretch, or meditate. There are several apps for both iPhones and Android phones that lead you through useful meditation exercises. Try to eat healthy, well-balanced meals. Check out this [CDC resource](#). Exercise regularly and get plenty of sleep.

**TAKE MINDFUL MOMENTS**

Make time to unwind each day. Try to do some activities that you enjoy and keep you focused and happy.

**HOW TO SUPPORT YOUNG CHILDREN:**

Talk with your child about the outbreak in a way that makes sense for them to process. Here are some helpful tips for those conversations. Reassure your child that they are safe. Let them know it is ok to feel upset. Share with them how you are dealing with your own stress so they can learn from you. Limit your family’s exposure to news coverage, including social media. Young children may misinterpret what they hear and that can lead to higher levels of stress and fear. Try to keep up with regular routines. Create a schedule for learning activities, relaxing, and fun! Be a role model. Take breaks, get plenty of sleep, exercise, and eat well.

The University Health Center’s Counseling and Psychiatric Services (CAPS) is conducting crisis services by phone based on recommendations from UGA and the CDC. After hours CAPS Crisis Services are accessible by phone by calling UGA PD at 706-542-2200 and requesting to speak with a CAPS clinician. Dial 911, if you are experiencing a life-threatening emergency. Additional crisis services may be accessed here. CAPS is available for phone consultations—please call 706-542-2273 (M-F 8am-5pm)

**TAKE A BREAK**

Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic constantly can be upsetting and lead to more stress.

**STAY INFORMED**

Know the facts about COVID-19 to help reduce stress. The CDC states that if you share accurate information about COVID-19, you can help make people feel less stressed and make a connection with them. Check out the CDC’s “Stop the Spread of Rumors” website here.

**CONNECT WITH OTHERS**

While we are physically distanced from our friends and loved ones, use technology to connect with others. As a student at UGA, you have access to Zoom. Learn more about how to fully use this software here.