



## Coping With the COVID-19 Pandemic

The COVID-19 pandemic is moving us to wisely make many personal and workplace adjustments so as to minimize personal risk to ourselves and, similarly, to be supportive to others.

The duration of these adjustments is uncertain, but the pandemic will not last forever. As we navigate these times, the following ideas can help you manage and perhaps be more capable in helping others.

- Remain informed of current events by way of reliable and accurate sources, but do not immerse yourself. Limit your exposure to news outlets and social media (e.g., 10 minutes in the morning, and 10 minutes at night, or whatever works with your obligations.) The key is to not allow the media to consume you but rather to adequately inform you.
- Be mindful of what you can and cannot control. Practice healthy precautions that have been offered by medical experts, as this guidance is the most effective way to manage your health.
- When feeling overwhelmed by the enormity of the moment, turn to your “cognitive side” (i.e., return to focusing on facts and not all of the “what ifs”).

This is the time to use your scientific mind, thereby carefully reserving your emotional energy for times that matter most.

- Rest, eat well, and move your body – always go back to basics when everything feels chaotic. You can stay active indoors by exercising, or perhaps cleaning or rearranging your environment. You might consider using more free time to cook those longer recipes or finish a home project. And the great outdoors is still available to you – run, bike, walk or simply spend time sitting outside enjoying the sunshine when you can.
- It is okay to indulge in watching your favorite TV shows, movies or reading an entertaining book!
- If you’re home with kids, consider creating a schedule to follow during the day – this could include things like mealtimes, reading, drawing and writing, etc. Indeed, it is best that we all continue with a routine as this form of structure and predictability affords us a sense of routine and normalcy.
- Remember: you are functioning under unfamiliar circumstances and therefore your expectations surrounding your performance should be adjusted accordingly.

Truly commend yourself for striving to do your best!

- Keep your social connections intact as social support is overall the most effective way to manage stress. Our age of technology allows for so many creative ways to remain in touch with our friends, family and neighbors. Share your stories, concerns and laughter!

### Trusted sources:

#### COVID-19 information

- Cornell’s coronavirus website (FAQ, news & updates): [cornell.edu/coronavirus](http://cornell.edu/coronavirus)
- Tompkins County Health Department: [tompkinscountyny.gov/health](http://tompkinscountyny.gov/health)
- Centers for Disease Control and Prevention (CDC): [cdc.gov/coronavirus](http://cdc.gov/coronavirus)

### Hours:

Monday–Friday  
8:30 am–5:00 pm  
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