



QUARANTINE STRESS

Possible exposure to COVID-19 and having to self-quarantine may lead to worries about your health and possibly developing symptoms, feeling lonely when isolating, and experiencing a sense of lack of control. All this may occur while needing to focus on your coursework! We hope you find these tips and resources helpful if you need to self-quarantine.

For additional resources on coping with COVID-19 [here](#).

Ready to connect and support one another?

Many students are using our workshops and drop-in groups to receive and provide support. Join us!

<https://counseling.uci.edu/services/groups.html>



TIPS & RESOURCES

Physical Health

Find exercises you enjoy. Attend a virtual exercise class like Zumba or yoga. Regular physical activity helps to reduce stress.

Eat regular, healthy meals. Plan when you will cook to help you maintain a regular eating schedule.

Prioritize sleep. Develop a nightly routine that you find relaxing and maintain a regular sleep schedule.

Make a schedule and stick to it. If you are not experiencing symptoms, try to maintain a regular study schedule. Attend online classes, go to virtual office hours, and engage in projects as best you can.

Emotional Health

Connect socially with your friends and family.

Find enjoyable activities that you can do with friends while physically distanced. Attending the same online exercise class, playing online games, eating meals over zoom or a video chat are all ways to reduce isolation while physically distanced.

Seek help. Different offices on campus, from the Counseling Center, Womxn's Hub, Cross Cultural Center, to Student Success Initiatives, have many workshops, drop-in groups and other wellness focused online activities that are centered on helping students target specific areas like sleep, procrastination, motivation and others.

Connect to what is important. Activities that bring us hope are important to help us find meaning in uncertain times. Engage in hobbies (e.g., music, movies) and spiritual or religious practices that help you cope and are meaningful to you.



MEET THE NEWSLETTER TEAM!



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the newsletter can address?**

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