

Managing Fears and Anxiety around COVID-19/Coronavirus



As information about COVID-19 (coronavirus) unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information and resources.

Common Reactions

Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- Difficulty concentrating
- Anxiety, worry, panic
- Anger
- Feelings of helplessness
- Hyper-vigilance to your health and body
- Social withdrawal

Ways to Manage Fears & Anxieties

Although COVID-19 is a health issue that is being taken very seriously by the campus and public health authorities worldwide, do not let your worry about this virus control your life. There are many simple and effective ways to manage your fears and anxieties. Many of them are essential ingredients for a healthy lifestyle and adopting them can help improve your overall emotional and physical well-being.

- **Get the facts.** Stay informed with the latest health and campus information through the following links:
 - Campus News and Information: <https://covid19.wisc.edu/>
 - You may also email chancellor@wisc.edu or call 608-263-2400
 - For further information, see the dedicated [CDC Website](#)
- **Keep things in perspective.** Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed—especially if you have loved ones in affected areas—remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.
- **Be mindful of your assumptions about others.** Someone who has a cough or a fever does not necessarily have COVID-19. Self-awareness is important in not stigmatizing others in our community. COVID-19 is not specific to an ethnicity or race--disease does not discriminate. If you experience harassment or discrimination, employees may [file a complaint with the Office of Compliance](#). Students are encouraged to file a [bias incident report](#).
- **Stay healthy.** Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.
- **Keep connected.** Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- **Seek additional help.** Employee Assistance Services can help employees cope with anxiety and other concerns.

RESOURCES

University of Wisconsin-Madison Employee Assistance Services

UW-Madison Employee Assistance Office

- Monday-Friday during business hours
- www.eao.wisc.edu

For Appointments:

- eao@mailplus.wisc.edu or 608-263-2987

LifeMatters Employee Assistance Services

- State and Nationwide Coverage
- Contact anytime, 24/7/365
- mylifematters.com, "Bucky1"

Call: 800-634-6433 or text "Hello to 61295"

University of Wisconsin-Madison Information and Updates

- <https://covid19.wisc.edu/>
- chancellor@wisc.edu or call 608-263-2400

UW Health Information and Updates

- <https://www.uwhealth.org/covid-19/2019-novel-coronavirus/53156>
- UW Health COVID-19 Informational Hotline: 608-720-5300

Employee Disability Resources Office (EDR)

- <https://employee disabilities.wisc.edu/>

