Right now, many of us are worried about COVID-19 and feeling isolated from others. In times of uncertainty or threats to health, it is normal to feel a range of emotions. It is important to acknowledge these emotions and find positive ways to cope with them.

Draw upon all of the positive ways you have coped with challenges in the past. Build on this foundation of coping skills with new and creative activities to stay connected with others. Both giving and receiving support are essential to mental well-being.

Research shows that physical exercise has long-lasting positive effects on an individual's mood, sleep, and health. Exercising perspective taking and kindness helps to keep us in the present, mindful of ourselves, and connected to others, which also generates positive mental well-being.

If COVID-related stress is leading to symptoms such as fatigue, exhaustion, headaches, and changes in mood or impairing your ability to function academically, reach out for help. Confidential, telecounseling (video or phone) counseling is available through the RPI Counseling Center. Call 518-276-6479 or email counseling@rpi.edu to set up a time to meet with a counselor. After hours - contact RPI Public Safety (518-276-6611) and ask to talk to the Counselor On-call.