



**PALMER**  
College of Chiropractic

*The Trusted Leader in  
Chiropractic Education®*

**Student Affairs**

## **Recommendations for Managing Distress Related to the Novel Coronavirus**

Self-quarantine and travel restrictions, news reports, and concerns for our own and loved ones' health may contribute to increased mental and emotional health distress. Please reach out to our [office](#) or your clinician if you are experiencing any of the following listed below:

- Excessive worry, fear, and/or feelings of being "stressed out" or overwhelmed.
- Persistent sadness, tearfulness, and/or loss of interest in hobbies and pleasurable activities.
- Feelings of hopelessness and/or dread about the future.
- Unexplained physical symptoms, such as an upset stomach, increased heart rate, nausea, fatigue, etc.
- An increase in the frequency or severity of the symptoms of your diagnosed physical or mental health condition(s).
- Increased anger, irritability, agitation, and/or disruptive behaviors.
- Significant changes in your daily habits (sleep, hygiene, meals, etc.) and self-care.
- Social isolation or withdrawal.
- Fear or avoidance of classrooms, clinic, campus, and public spaces.
- Thoughts about death, dying, and/or suicide.
- Impulsive, reckless, or risky behaviors including, but not limited to, substance abuse and self-harm.

Access information about phone counseling hotlines and Palmer's Personal Counseling Referral Program at <http://www.palmer.edu/wellness>.

Students requesting an extension of counseling services may contact our [office](#) for more information.

If you have concerns for a fellow Palmer student, we encourage you to file an [Early Alert Response \(EARS\) referral](#). When you file an EARS referral, a member of Student Affairs will reach out to the student in distress to provide information about resources and available assistance.

## Tips for Managing Emotional/Psychological Distress

- Acknowledge and observe your thoughts, feelings, and emotions without judgement. Allow yourself time and space to reflect on what you're feeling and how you may be reacting or coping.
- As much as possible, maintain your normal day-to-day routine and activities.
- Stay connected. Resist withdrawing and isolating yourself from peers, family and friends. Maintaining healthy social connections can foster a sense of normality and provide needed opportunities to share your feelings and feel validated.
- Seek accurate and timely information from credible news sources including the [Centers for Disease Control and Prevention](#) and your local and state public health agencies ([Main](#), [Florida](#), [West](#)).
- Be choosy about your social presence. Connect with friends and receive important College news updates on the Palmer app and email.
- Limit total time spent on social media and avoid news stories that sensationalize facts and don't provide any new information. It can be difficult to filter out repetitive, fear-based and negative messaging.
- Follow College and [public health recommendations](#) for the prevention and treatment of coronavirus.
- Practice [mindfulness](#), good self-care and [self-compassion](#).
- Seek assistance. Your [clinician](#) and [student services staff](#) are available to direct you to on-and off-campus resources.

## Professionalism, Respect, Civility and Mutual Trust

Uncertain times can lead to fear and anxiety which can impact our interactions with others. The College is committed to fostering an environment of equity and civility that supports the learning needs of all students regardless of their ethnicity, country of origin or perceived identities. In an effort to promote a culture of mutual trust, respect and civility, please practice the following:

- Be mindful of your behaviors, thoughts, beliefs and/or biases about students, faculty and staff from, or who have traveled to, impacted countries (China, Japan, South Korea, Iran, Italy, etc.).
- Avoid making generalizations about who may have been exposed to coronavirus based on recent travel or country of origin.
- Practice good hygiene and seek health care if you believe you're sick.
- Contact the [Registrar or a member of student administrative services](#) if you're diagnosed with coronavirus and are instructed to self-quarantine.
- If you become ill, follow the directions of your health care provider and any self-quarantine protocols.
- Listen and attend to each other with empathy, kindness and compassion, recognizing that stressful events can bring out our best and most challenging personal qualities.