

# Coping with Stress Related to COVID-19

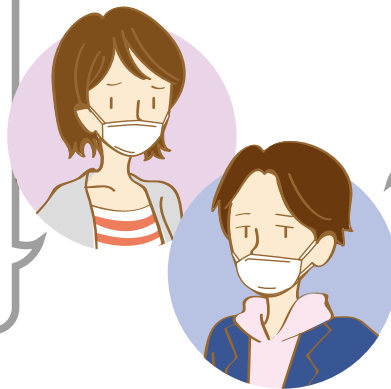
In June, the state of emergency, which had been put in place to slow the spread of COVID-19, was lifted, along with the advisory against travel across prefectural borders. However, this does not mean that life has returned to normal. Many of you may be concerned that the number of infections will begin to increase again, leading to another round of restrictions on your daily lives. You may be wondering how to comply with the "new normal" that is being demanded of everyone.

As the current situation is very stressful, we would like to give you some advice on coping with stress.

## ●What kind of stress is the COVID-19 pandemic causing?

The Counseling Office has received comments similar to the following.

I feel unable to enjoy my student life fully due to the COVID-19 pandemic countermeasures. All the classes are online. I cannot meet my friends or participate in circles/clubs. I am stuck at home with nothing to do.

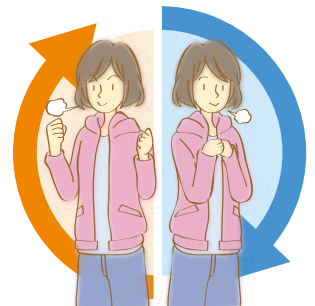


I often end up teleconferencing with my friends or playing online games until late at night, so I tend to wake up too late for classes or procrastinate on assignments. I feel that my motivation is decreasing.

## ●What should I do?

### 1 Maintain a Daily Routine

Due to the COVID-19 pandemic, many people find their days no longer have structure. It is important to reestablish a daily routine. Give structure to your day by waking up at a consistent time and planning a set routine of things to do during the morning, tasks requiring concentration, and rest (self-care).



### 2 Consider New Possibilities (Change your Thinking/Perspective)

Instead of focusing on the things you cannot do (in-person classes, circle/club activities, concerts, travel, etc.), find things you can enjoy even under the current conditions. For example, reading books you've always wanted to read, picking up new skills through online learning, etc.

### 3 Use your Social Support Network

The need to avoid other people for long periods of time during the COVID-19 pandemic may lead to you feeling isolated or depressed. Even if you cannot meet in person, you can stay in touch with friends and family by phone or video conferencing.



We hope that the above advice will be useful as you prepare for the coming semester.