First aid for digital education

STUDYING IN TIMES OF CORONA

MENTAL HEALTH

News items and measures concerning the Corona virus follow each other rapidly. As a result, both our daily life and our student life are currently changed and different than before. This can cause stress, uncertainty or anxiety. Below you will find some tips to deal with this feelings and to stay mentally healthy during Corona times.

STAY INFORMED

- Follow reliable news: consult reliable sources via official channels such as the website of the Belgian government, WHO and VUB.
- Listen to experts: make sure you get facts and correct information so you can see things from the right perspective.
- Don’t search constantly for information: limit yourself to check sources on fixed moments. This way you don’t overload yourself with information and it will give you some mental rest.

STAY CONNECTED

The measures may let you feel isolated. Therefore it is important to keep connected with daily life. Structure and routine can help you to achieve this.

- Stay in touch with family, friends and students.
  Look for digital alternatives, like Skype or social media, to see or speak them.
- Stay in touch with the outside world.
  Locking yourself up for five weeks has a negative impact on your well-being. Try to go outdoor and do some sports or go out for a walk. Don’t forget to respect the safety rules.
- Schedule time for study work, relaxation and social contact.

KEEP CALM

The Corona crisis causes a lot of stress and anxiety. These are normal feelings, but how do you deal with them? Calmness can help you with this, but how do you stay calm?

- Fear is contagious. If you surround yourself with people who are afraid, you get scared easier. Connect with people who are calm and try to be calm as well, this has a positive impact on your environment and you can put everything in the right perspective.
- Stress and Covid-19 have similar symptoms, such as shortness of breath, fatigue and muscle pain. So it is not unusual for people to be concerned.
- Include relaxation and breathing exercises in your daily routine. Do it on a daily basis so it becomes a habit and you can rely on it when you experience stress.
- Look for balance and routine. It is important that you find a balance between things you have to do (follow online lessons) and things that make you forget all the stressors. Keep exercising, keep a day-night rhythm and don’t stay in your pajamas, ...
STUDY GUIDANCE REMAINS AVAILABLE FOR YOU!

DIGITAL GUIDANCE: Now possible!

- Study Advisors, Student Psychologists and Learning Path Counsellors remain available for you! Guidance remains possible and is organized remotely, for example via email, Skype or telephone.

- Check our contact options at student.vub.be/en/study-guidance

YOU CHOOSE: When and how?

- You schedule an appointment in with a coach of Study Guidance, this can be done via:
  - the online scheduling tool of your coache
  - the student website student.vub.be/en/study-guidance#individual
  - sending an email to your coach or to guidance@vub.be

- When scheduling your appointment, you indicate your preferred method of contact. You can choose for example between video calling, audio calling or emailing.

HOW: See the instructions.

- You follow the instructions that the coache gives you during or after booking the appointment.

- You start the necessary program at the scheduled appointment.

CONFIDENTIAL

- All coaches will respect the confidentiality of the information that a student provides.

- Student Psychologists are bound to professional secrecy. Study Advisors and Learning Path Counsellors are bound by discretion requirements.

Guidelines & Respect

- In case of abuse, the coache / employee of Study Guidance reserves the right to terminate the online guidance and stop the chatsession, video calling or audio calling.

- You are not allowed to record the conversation without permission of the coache.