

## 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, ...

# Contact

## STUDY GUIDANCE REMAINS AVAILABLE FOR YOU!



### DIGITAL GUIDANCE: Now possible!

- Study Advisors, Student Psychologists and Learning Path Counsellors remains 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](https://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 coach
  - the student website [student.vub.be/en/study-guidance#individual](https://student.vub.be/en/study-guidance#individual)
  - sending an [email](mailto:guidance@vub.be) to your coach or to [guidance@vub.be](mailto: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 coach 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 coach / 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 coach.