

Tips For Our Lions Dealing With The Pandemic

1. **Breathe** – Relax and take a breath. Doing some deep breathing can help decrease the stress that you are immediately dealing with. (Count backwards from 10 while slowing breathing 3 times).
2. **Physical Activity** – If you can take a walk around the block or find a quiet park to get out of your home and to get some fresh air. Go fishing or hiking.
3. **Keep in touch** – FaceTime, call or skype your classmates or family in order to not feel isolated from the rest of the world.
4. **Pamper yourself** – Take a bubble bath, cook your favorite meal, or do your own pedicure.
5. **Use positive self-talk** – Tell yourself, “Everything will eventually go back to normal.” or “I can get through this.”
6. **Maintain a routine or some structure to your day**
7. **Take steps to protect yourself**
 - **Clean your hands often** – Use soap and water for 20 seconds
 - **Avoid close contact with others** – Keep a distance of 6 feet between you and others if you have to go out of your home.
 - **Clean and disinfect your surroundings daily** – This includes phones, desks, tables, door knobs (etc.). Use detergent or soap and water.
8. **Know that your Faculty and Staff miss you and we are waiting for you to return to campus.**
9. **Contact the SCRC** – We are still here. You can make an appointment by calling [636.949.4541](tel:636.949.4541) and leaving a message or emailing us @ scrc@lindenwood.edu
10. **In case of an emergency**
 - Contact for help
 - Behavioral Health Response: 314-469-6644 or 1-800-811-4760
 - National Suicide Prevention Lifeline: 1-800-273-TALK
 - Crisis Text Line: Text MOSAFE to 741-741

