



UNIVERSITY
of HAWAII
HILO



The current COVID-19 pandemic has altered and impacted most aspects of life. Students have especially been affected, having to adjust quickly to an ever-changing situation while still meeting the demands of their classes. In this time of social-distancing it is important that we all focus on caring for our mental health and minimizing the amount of stress that we experience. Making simple changes in routines and habits in addition to prioritizing mental health can help us stay healthier and happier through this time.

SOCIAL DISTANCING & CARING FOR YOUR MENTAL HEALTH

- **Maintain a consistent routine that works best for you.**
- **Take care of your body through regular exercise, adequate sleep, eating healthy meals and suggested activities to prevent illness.**



- **If you are feeling ill, contact your primary care doctor first, please stay home unless leaving for medical care.**

✔ To stop the spread of illness, the CDC now recommends that everyone wear cloth masks when going out in public spaces that may make it difficult to maintain an adequate level of social-distancing.

- **Check-in by taking a mental health screening and get the support you may need:**

✔ Mental health screenings available online for UH Hilo students on the Counseling Services website:



<http://www.ulifeline.org/hawaii/>



<https://hilo.hawaii.edu/studentaffairs/counseling/echeckuptogo.php>

- **Make self-care a priority.**

✔ Schedule your breaks and self-care to ensure it becomes a part of your routine.

- **Stay connected!**

✔ Use online video chat platforms and FaceTime to have face-to-face visits with friends and loved ones.

✔ Try doing an activity together while on video such as coloring or playing a board game.

- **Limit consumption of Coronavirus-related media (including social media) to 3 times a day.**

- **Be knowledgeable through the use of credible sources.**

UH Hilo

<https://hilo.hawaii.edu/covid19/>

(Nationwide) CDC

<https://www.cdc.gov/coronavirus/>

State of Hawaii- DOH <https://hawaiiicovid19.com>

- **If you are feeling overwhelmed and are in need of support please contact UH Hilo Counseling Services at (808) 932-746.**

Support

'A'ohē hana nui ke alu 'ia.

(No task is too big when done together by all)

- 'Ōlelo No'eau