

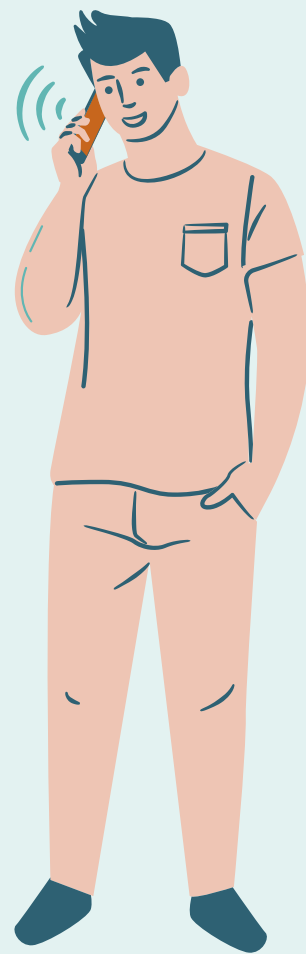
The beginning of studies during the COVID-19 pandemic

RESEARCH-BASED
RECOMMENDATIONS FOR **STUDENTS**
for overcoming the tension and stress
during the COVID-19 crisis

VILNIUS UNIVERSITY
CENTER FOR PSYCHOTRAUMATOLOGY

Talk with other

It is perfectly normal if you feel anxious, tense, sad, scared or angry. Sharing your feelings with people you trust can help you feel better. Keep in touch with friends, family.



Listen to your needs

Remember what helped you feel better in stressful situations in the past. Maybe breathing exercises? Sports? Being in nature? Diary? Expression through artistic activities? Listen to your needs and let yourself do what energizes you, relaxes you, and helps you express your feelings.



Be active

Maintain a healthy lifestyle and daily routine. Even if you feel worse or must stay home, try to eat regularly, go to bed, and get up at a similar time, move more. It is very important to devote at least some time daily for active physical activity.



Concentrate on positive news

Spend more time searching for positive news and spend less time browsing websites that spread frightening information.



Don't be afraid to ask for help

If you feel intense heavy emotions that are difficult to cope with, if the tension interferes with your daily activities, if you want to hurt yourself or others, contact a mental health specialist on a helpline online or by phone. Remember that alcohol and other psychoactive substances can only worsen the situation..

