

Coping Tips for Testing Positive for Covid19

- Know that your initial reaction might be shock and disbelief. Give yourself time to reflect on, own, and accept the diagnosis.
 - An array of feelings might surface, such as fear, anxiety, anger.
 - Know that feelings are a normal reaction.
 - Express them; do not hide them or hold them in. Release the feelings.
 - It is okay to cry. Tears can release the fear and distress.
- Tell someone. Do not try to manage this important news alone.
- Elicit the support of others. They may feel a great deal of compassion and empathy for you, and would gladly welcome a way to help you.
- Take care of yourself and follow **ALL** medical advice.
 - Take care of loved ones, and those around you, by following medical advice. Remember that we are in this together!
 - Develop a plan of self-care, as recommended by our treaters, and follow the plan.
 - Give your body the needed time to heal, and stay in touch with health care providers.
- Sometimes it is very hard to separate oneself from others, as it feels lonely. Engage in self-entertainment and self-soothing activities such as working on a 1000-piece puzzle, paint-by-numbers, reading a novel, etc. [Click](#) for more ideas and resources.
- Engage in remote social activities with family and friends several times a day.
- Process your thoughts and feelings by writing in a journal. You can also use [Welltrack](#) for this.
- Try to maintain a positive, hopeful outlook by meditating on a quote that speaks to you personally and gives you inner peace and strength. This could also be a verse from a song, a religious scripture, or the like. [Click](#) for a daily inspirational quote.
- Limit time on social media. The news can sometimes make one feel down, overwhelmed, and depressed.
 - Spring-clean your social! Use features like [Instagram's mute function](#) to silence accounts that are bumming you out or overwhelming you with stressful news coverage. While you're at it, find more accounts to follow that inspire you, give you practical tips or make you feel more connected.
- Count down the number of days left that one has to be physically separated from others.
- Stay abreast of what is taking place back at school; stay as up to date as you can.
 - If you're a first year, check out WISR as there will be many new postings.
- If engaged in therapy, reach out to your therapist.
- If you have a spiritual advisor or mentor, reach out to them.
- If you feel panicky, reach out for support. The ProtoCall after hours' service is available 24/7 at **781.283.2839**.
- Schedule a session with a clinician to process via the [Online Student Portal](#).
- Reach out to your local [hotline](#) for support if feeling distressed.

**Remember that you are not alone,
Wellesley College will help you to get through this!**