

Tips for Rutgers International Students and Scholars during the COVID-19 Pandemic

This is an unprecedented and highly stressful situation. It is normal to feel anxious, trapped, angry, lonely, and a number of other uncomfortable emotions. As international students, you may also have the added stress of experiencing racist acts or discrimination. Here are tips to manage stress and care for yourself.

Combatting Xenophobia/Racism

Any type of racial discrimination is unacceptable, e.g., people acting violently and disrespectfully toward you because you are of Asian-descent or are wearing a mask. Please report any acts of bias at go.rutgers.edu/biasreporting.

Stay Well Mentally

- Focus on what is in your control. You cannot control when you can fly back home or the virus itself, but you can control what you do here and now.
 - Try to stay positive (Write up daily gratitude, share positivity with friends and family, challenge your negative thinking, meditate).
 - Take time to relax and unwind (listen to music, do a face mask, meditate, etc.)
- Stay informed but avoid excessive exposure to COVID-19 news. Set aside time to unplug from social media.
- Social distancing does not have to mean emotional distancing. Stay connected to friends and family by texting, video chatting, or speaking on the phone.
- Try to create a concrete, structured schedule to follow throughout the day.
- Pay attention to your emotions if you have a headache or fatigue. It could be related to your stress or anxiety. If you experience this type of extreme stress, find practices to help you calm from an evidenced-based treatment at https://youtu.be/ZVHtjDgc_XU
- Reach out to CAPS by calling [848-932-7884](tel:848-932-7884). Services are still available and are being provided remotely via phone and video appointments.

Set Yourself Up for Academic Success

- Establish a routine to help establish good study habits.
- Designate a study area. Try to find a quiet, well-lit, private space.
- Create a to-do list (high priority to low priority).
- Take regular breaks such as walking around your living space or watching an episode of your favorite show.
- Remind yourself that this is not a normal time. You may not be as productive as you were previously and that's ok! Do the best you can and don't be too hard on yourself.

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