

Message From Us Counselors

# The Stress and Anxiety You May Be Experiencing Right Now

*part 3* ◆ *Social communication*

2020.4.24

Keio Student Counseling Room

# Acknowledge the Stress You Receive From the Environment

- ▶ The interpersonal stress you may experience under restricted circumstances
- ▶ The stress from the media
- ▶ The stress that comes from no sense of belonging to the university



# The Interpersonal Stress You May Experience Under Restricted Circumstances

Under irregular circumstances, it is easier to have emotional misunderstandings or conflicts.

## Loneliness

Not being able to share values, not being able to understand each other

## Being scared

You may want to see someone but be scared of being infected at the same time

## Anxiety

Being anxious if you can keep the relationship as it is

## Anger

You may be angry at someone who wouldn't care for you as much as you need them too

Given that we may not be able to adequately care for others emotions now, we may need to be generous and keep a moderate distance with others.

※Acknowledge that there are frauds or cults, political groups disguised to be circles etc that may contact you especially when you are feeling lonely.

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# The Stress From Media

These days the TV and internet is full of information about the Covid-19. Taking in too much of this information can be a cause of stress. Spending too much time on SNS or binge watching videos can also lead to an unhealthy lifestyle. Make sure your sources are straight.

Don't leave the TV on  
(Set a time and just  
watch the shows you  
want to see)

Be cautious for  
private information  
on the SNS

Get information about  
the virus from a  
reliable source  
(From public institutions  
or professionals)

Delete the spam mails  
and chain mails

Set a time when you  
use the internet or  
play a TV game



# The Stress That Comes From No Sense of Belonging to the University

Especially if you are a freshman you maybe anxious that you can't come to the university and meet you professors or make new friends. To be honest, us counselors can't give you specific advice since we too have never experienced anything like this before. But let's believe there will come a day when we can walk around the campus with a smile on our faces. Let's get through a day at a time.

- \* If there is a chance to socialize online, try it out (Everyone is a bit scared)
- \* If there is something that you urgently need to solve, try contacting your professors  
(You don't have to know them in person)
- \* Have a friend, they could be your high school friends, that you can have a chat with  
(on the phone or online)
- \* Looking forward to the day when we can come to university, keep having a healthy lifestyle

Let's meet on campus someday



# Reference

(Japanese only)

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