Be aware, you are not alone. If you need advice or someone to talk to, we are there for you on the phone and online.

Viktoria Gruhn  
+49 261 6509 199  
viktoria.gruhn@whu.edu

Thorsten Lemke  
+49 171 2662860  
lemke@caritas-koblenz.de

We have listed a few points which might be interesting for you at the moment or also during your student life.

Cabin fever  |  Mindfulness  |  Time Management  |  Stress

**Cabin Fever**
You might experience cabin fever as a result of social distancing in the wake of the coronavirus pandemic. There are ways to combat the anxiety you may feel. As symptoms you might realize intense irritation or restlessness. Others feel lethargy, sadness, trouble in concentrating, lack of patience, decreased motivation or hopelessness.

The following steps might help to feel better:

**Set goals**
Did you while away the time and do nothing of importance? It is better to set daily and weekly goals and track your progress toward completion. Reward yourself for reaching each milestone.

**Exercise**
You might find a way to stay physically active while indoors (workout videos, bodyweight workouts, etc.). It helps you to burn off any extra energy and releases endorphins.

**Get out of the house**
Getting daylight and do some exercises releases endorphins – getting close to an open window and do some exercises could also help.

**Maintain Normal Eating Patterns**
Did you use the days stuck at home as an excuse to overindulge junk food? However, eating healthy and right might increase your energy level and motivation. Limit high-sugar, high-fat snacks and drink plenty of water.

**Use your brain**
You prefer TV as a distraction? You will feel better if you work crossword puzzles or read books, because stimulating your mind can help reduce feelings of isolation and helplessness.
Mindfulness

Mindfulness is the basic human ability to be fully present and aware of the place we are and the things we are doing. It is the opposite of being stressed and overwhelmed by our hectic surrounding. Mindfulness helps us to give our life more consciousness and quality and it leads to stop the chaos of the daily life.

In the following you will find two mindfulness exercises. You may try and if you wish more of those exercises, please do not hesitate to contact us.

Exercise 1.
This is to concentrate on our ears.
- Please sit down at a place you like very much (forest, balcony, meadow, etc.).
- Close your eyes and listen to everything around you.
- After a while you open your eyes again and recall all sounds back to your mind. It’s a lot, isn’t it?

Exercise 2.
Do nothing.
- Lay down or stand somewhere.
- Take five minutes of time and be aware that you do nothing. Now just observe what and how it feels.

Time Management

Time Management is the consequent and goal-oriented application of proven work techniques in order to optimize certain areas of life as well as the sensible use of available time.

It is difficult to manage your time without having the right tools, so please find here a list of some useful tools:

Priority List
It is the backbone of any productivity system

Pareto Principle
The 80/20 Rule says that 80% of your results will come from 20% of your efforts

To-do List
It is the backbone of any productivity system

Time Thieves
Avoid using your Mobile, watching TV during your work

Stress

Stress arises from individual assessment of a situation. Your personal stress level is the result of your interpretation of the stressors and the analysis of available resources.

In the area of cognitive processing a situation, there are the chances of positive handling with stress.

Mental stress management
Recognizing, reflecting on and possibly changing one’s own assessment patterns. That means critically reviewing perfectionist performance claims, accepting one’s own performance limits, questioning negative “extreme sentences” and change them to positive self-instruction, view on the positive, deliberately interrupting negative spiral of thought, etc.

Regenerative stress management
Relaxing and creating balance by healthy lifestyle, nutrition, social contacts, hobbies, sports/exercise, leisure, enjoyment, sleep, etc.

Instrumental stress management
Meeting requirements actively for example by means of better time-, learning- and examination-management, delegating tasks, saying NO, setting limits, defining priorities, structuring work tasks, seeking support, etc.