

## Coping with confinement

During confinement, your Health Service (SSU) goes on taking care of students' physical and mental health.

Our team of healthcare professionals provide teleconsultation. According to your needs, you can reach one of our psychologist on the phone or a doctor. Nurses are also available if you need assistance, hearing or advice.

Please call : (00 33) 4 27 46 57 57

« Your mental health is our priority »

### ***Tips for confinement and mental health issues***

- Readings :

A french article from theconversation.com website : <https://theconversation.com/covid-19-point-par-point-des-recommandations-dexperts-pour-reduire-les-effets-psychologiques-negatifs-lies-au-confinement-133811>

- Self-care practices :

Tools to enhance your well-being during the confinement period (in association with the SUAPS – Lyon 1 Sports Service) :

- Calm and relaxing

Give yourself a break with two relaxation trainings recorded by your SSU healthcare professionals

- Autohypnosis
- Sophrology

- Benefits from physical activity

Go to the SUAPS page to find different home-sport exercises.

### ***13 tips from the Vinatier Mental Health Hospital of Lyon***

- 1) Understanding risk and being informed

Keep informed on epidemics and confinement measures using reliable resources but avoid too long media exposure.

French Government official website provides up-to-date and accurate information : <https://www.gouvernement.fr/info-coronavirus>

## 2) Confort first

Make sure your family and yourself get everything you need to feel safe and secure during confinement.

Keep in mind that buying sufficient groceries doesn't mean anticipating undersupply. Be rational : your grocery store lacks in supplying some of your daily products ? This is NOT a shortage !

## 3) Avoid administrative and financial stress

For working students (part or full time jobs), ask your employer or Administration about your income situation. Also look at : <https://www.gouvernement.fr/info-coronavirus> (section « professionals »)

## 4) Link with remote family and relatives

Use any numeric device to contact your beloved ones. Physical distance doesn't imply end of social connexion : use your phone, your email, social networks, e-messages, etc. Visio-conferences are very easy to settle with your friends.

If some of your relatives stay at a retirement home, it is always possible to contact the direction and ask them about sending letters or settling visio-conferences.

Also consider contacting people you haven't heard from for a long time.

Why is that ? Because belonging to a social group takes all its sense these days. You'll probably realize people are facing similar issues, emotions, living habits as you do. It enables to get closer to one another and exchange about your experiences. It is also a good way to cope with this situation easier and maybe to get distracted from your latest stress sources.

Try not to let painful emotions invade your brains : keep your mind busy. You may also want to get involved in the current process (see 13 « confinement is an altruistic helpful behavior »)

## 5) Adjustment and relaxation strategies

Avoid fear and anxiety with a daily routine :

- Reading (e.g <https://disciplines.ac-toulouse.fr/documentation/reservoir-de-livresnumeriques-libres>)
- Gaming
- Maintaining remote social connexion

- Indoor physical activity
- Relaxing activities such as : yoga, meditation, breathing exercises, mindfulness (be aware of your emotional body at present. Many online resources), painting, drawing, playing an instrument, singing, listening to music, writing, etc.
- If your living place is so quiet it makes you sad, put some music on or record animal or nature noises you're missing.
- While washing hands, try to anticipate your upcoming activity
- Don't sit for too long, think about standing up for a few minutes before sitting again

#### 6) Healthy eating

- Keep on having 3 or 4 meals a day with similar food quantities as you used to.
- Drink water regularly
- Eat proteins : they'll energize your brains
- 5 fruit and vegetables a day
- Reduce coffee or tea : they could increase your level of stress and anxiety

#### 7) A profitable living-space

Freshen up and stage your home so as to feel well enough. If you have a balcony, a garden or an easy openable window, take a deep fresh air breathe everyday.

#### 8) Preserve your sleep

Use your usual sleeping/awaking cycle to avoid increasing your level of tiredness which is a source of anxiety. Go to bed and wake up when you used to before confinement : you'll sleep better and be less tired. This is a good rythm and a balance to think of.

#### 9) Try to avoid psychoactive substances and screen excess

Feeling bored may lead to alcohol or drugs consumption as well as an excessive screen exposure. All can damage your mental health or increase insomnias.

#### 10) Be cautious, not anxious

Feeling worried about getting infected with the Covid-19 is normal. Take time to process, get informed, speak of your fears with your relatives... If any doubt remains, teleconsult your SSU healthcare professionals.

Don't forget that breathing exercises, meditation, autohypnosis and sophrology resources are available online. Feel free to practice whenever you're feeling overwhelmed or insecure. You should also be aware that practicing on a daily routine will help you coping with your anxiety,

taking control on your emotions or even seeing a positive effect on your own crisis interpretation.

### 11) Getting on with people

Being confined with other people (e.g family, relatives, friends, homemates...) might affect your relationships with disagreements and conflicts.

Define your own private self-space. Truthful communication must rely on everyone's needs : if you feel misunderstood or hurt by any situation, take some time to get through it. Share facts with one another (be precise, not global), express how your feelings and emotions have been hurt. Tell your needs and ask the other party to do so. It'll help everyone understand how things went wrong.

Based on everyone's needs, you'll then be able to propose a moral pact, a « contract » with each other to prevent future disagreements or fights. Short and long term relationships should improve consistently.

### 12) Confinement is an altruistic helpful behavior

Keep in mind that the confinement helps all of us acting globally, for the common sake. Each of us can make up their own assistance network towards the eldest or most fragile ones. It could involve grocery shopping (in the respect of hygienic measures), or assistance to isolated people : either by calling or writing them regularly.

Feeling useful stimulates your self-esteem. It empowers your actions and lowers your fears.

### 13) Students with a chronic disease

Never stop your treatment and keep in touch with your healthcare professionals.

Your SSU is able to answer your needs if your usual healthcare unit is no longer available during confinement or remote. You should also know that french pharmacies are currently able to renew prescriptions (on certain conditions) until May 31st 2020.