



COVID-19 Easement Brochure

By Counseling and Guidance Service Division
STUST Office of Student Affairs

Taiwan has initiated necessary precautions and preventive measures to prevent COVID-19. The latest developments of the epidemic, government policy contents, comments from experts and scholars, politicians, and people's opinion are shared by the government through news, CDC website and others. There may be some uneasy feeling for some students but a moderate anxiety is not necessarily a bad thing. It is through this moderate anxiety that can help us be more alert, cope with caution and prepare ourselves in advance.



Am I under pressure because of COVID-19?

We may have following symptoms and reaction when under pressure:

1. Physical Reaction: Palpitations, headache, dizziness, dry mouth, gastrointestinal upset, chest tightness, muscle tension and soreness, easy fatigue and fatigue; if there is already some physical discomfort, symptoms may become severe due to stress.
2. Cognition and thinking: Excessive mental alertness, difficulty concentrating, insomnia, dreaming, temper tantrums, etc.; or negative thinking, narrowing, and pessimism.
3. Emotion & Feelings: Tension, anxiety, anger, depression, feeling hopeless about life, etc.
4. External behaviors: Irregular daily routines, flustered behaviors, interpersonal alienation, etc.



How do I adjust and relieve stress?

Some advice for you to take care of yourself and friends during the COVID-19 period

1. Suspend receiving relevant messages and give yourself a quiet time: Avoid receiving and reading too much news and message about COVID-19
2. Learn from trusted sources: Try to read or receive information from reliable sources to avoid any misinformation
3. Maintain regular daily routine: Eat on time and arrange appropriate rest periods to increase your sense of stability in life and your body and mind.
4. Expressing emotions in a timely manner: It is possible to feel worry, afraid, angry and anxious, therefore try to express your feeling in appropriate ways.
5. Learn to relax: Try to relax yourself by listening to the music, taking breath, doing yoga, etc. You are also welcome to do activities that help you to relax.
6. Companionship and contact: Please meet and talk to your friends and families, support each other during this difficult time.



If I get quarantined, how do I adapt myself during home quarantine?

During the home quarantine, it is highly possible that you will have the feeling of being nervous, angry, worry, helpless, etc.

To avoid the effects caused by overwhelming emotions, there are few things you can do

1. Call relatives, friends, close relatives or professionals in the same situation, pour out your mood through chat, keep in touch with others, encourage each other, increase courage and confidence, and do proper treatment and self-care.
2. Engage in activities of interest to divert attention, or plan time and activities that you did not have time to do before.
3. Think positive
 - A. Isolation protects you from exposure to more viruses.
 - B. Home quarantine can avoid spreading the virus to others
 - C. Home quarantine give you a period of time to rest your mind
 - D. Home quarantine is a brave and responsible behavior; also consider as behavior of respect life and caring others.



What should I do if I have family or friends who is doing home quarantine?

You might be worried about your family and friends who is in home quarantine, what can you do?

1. Please encourage them by contacting them through phone or message
2. Ask and understand their needs, help them to adjust their feelings.

It is possible for you to have negative feeling during this period. You might be worry about your health conditions also your families' health condition. You might also be criticized by others due to factors and reasons that we won't be able to control. Please give yourself and others more support and care during this time. Take care of yourself, observe with your heart, settle yourself, care for others, and spread the power of stability and love, so that love can become a force to restore

If you have any questions or concern, please call

- STUST Counseling and Guidance Service Division: 06-301-0976
(Monday to Friday 8:30 -12:00, 13:30-17:30)
- Dormitory Management: 06-301-0170 (24Hrs)
- Campus Security Center: 06-301-0000 (24Hrs)

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