

LIFE IN THE TIME OF CORONA

Dear Students,

The outbreak of coronavirus disease 2019 (COVID-19) has radically changed our normal routines more than one could imagine. While emotions such as fear, anxiety, and boredom are common and can be overwhelming at times, developing ways to cope with negative emotions through organizing our lives around certain routines and principles might increase our control over the situation, and might even help us to turn disadvantages into some advantages.

Here are some suggestions for the management of corona days.

1

Plan your day from the night or a day before

- What would you like to study?
- What would you like to read?
- What would you like to watch?
- Are there any deadlines that you want to catch up? Prepare a to-do-list for your day from the night.

2

Have a routine

- Try to organize your morning and afternoon according to your plan. Do not spend the whole day in bed. Try to set an alarm to wake up at a reasonable time.
- You can spend some time for your hobbies (i.e., playing a musical instrument that you couldn't find time before or start new ones.)
- You can also start learning a language or pick up learning from where you left. There are many online classes for language courses and apps.
- Try to engage in cultural activities. NY Metropolitan Opera, Vienna State Opera, Bolshoi, Royal Shakespeare Company, National Theater, Royal Ballet, Broadway shows and many others do online streaming.

3

Take care of yourself

- Eat healthy! Try to avoid junk food and eat regular healthy meals. There are many chefs that give online recipes or open cooking classes that you can watch.
- Do some exercise. There are many fitness and yoga classes available on YouTube both Turkish and English or you may register one of the online Zoom sessions that some studios make available.
- Do not sleep late and try avoiding your laptop and phone before you go to bed. You rather grab a book and turn on a calming playlist before you knock down.
- You can do some mindfulness, meditation or yoga in the evening before going to bed.
- Do not follow the news constantly! Pick certain times to check social media and newspapers. The news may not get any better in the near future. So do not overwhelm yourself.

4

Connect with others

- Rather than writing WhatsApp messages or updates on social media, try to do FaceTime or Skype with your friends and family members.
- You can also organize book clubs and movie discussions to have fun.
- If you are with your family, play board and card games at night.

5

When to look for help?

- Having negative feelings and thoughts (such as anxiety and worry about health, uncertainty of the future, helplessness and anger) under such unusual circumstances is common. If you did most of the items above and cannot control anxiety, which leaves you with constant stress associated with sleepless days and nights, loss of appetite, and extreme feelings of despair, please consult Ozu Psychological Counseling Unit at counseling@ozyegin.edu.tr.

Some links that might be helpful:

- Istanbul Municipality Psychological Helpline: 0212 449 49 00
- Coronavirus Information Website of Ministry of Health: <https://covid19.saglik.gov.tr/tr/>
- World Health Organization Mental Health Information in Relation to COVID-19: <https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf>

Further links for leisure:

- <https://www.timeout.com/things-to-do/best-things-to-do-at-home-stuck-inside-bored>
- <https://www.travelandleisure.com/attractions/museums-galleries-museums-with-virtual-tours>
- <https://www.metopera.org/season/on-demand/>
- <https://www.rsc.org.uk/>
- <https://sehirtiyatrolari.ibb.istanbul/>

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