

COHABITING WITH CORONAVIRUS

CREATED BY THE SYMBIOSIS CENTER FOR EMOTIONAL WELLBEING

RELIABLE NEWS AND INFORMATION SOURCES

The COVID India Data Tracker
<https://covidout.in/>

The US CDC Website:
<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

For news and updates, rely on reputed news sources and channels and avoid getting your information from social media, heresay or Whatsapp

Importantly, keep an eye on all official communication from your campus admins and directors.

The concept of being locked in a confined space with others for prolonged periods of time during an outbreak of a contagion has been the starting premise of many a horror movie. Yet in the year 2020, we find that this is just a new reality that we have to cope with and in keeping with this new reality, come new ways to cope with these extraordinary circumstances. So how do we keep ourselves from becoming subject to cabin fever and stop ourselves going stir-crazy? Here's a few fun ways to navigate conflict and create and maintain personal space:

- **The art of the deal:** Negotiation and good communication are cornerstones of any good relationship and this situation the relationships in question can be strained when in an enclosed space for extended periods of time. Understanding the needs of all parties involved helps create a sustainable calm environment rather than one where each person is getting steadily more annoyed and hiding it until like a popping balloon, they pop at the others around them.
- **Discussing your pet peeves:** Continuing from the theme of popping balloons, it helps to not let resentments build up in you and instead, try and address concerns before they build. A part of that conversation is discussing your needs and your peeves. While it can often be a very delicate conversation to try to discuss the reasons someone's behavior may frustrate you, there are some basic language that can help. Using "I" language vs "you" language such as "Your behavior annoys me" vs. "I feel frustrated when you...". Not having this discussion when both people are already fighting and instead be proactive about taking time aside to discuss these concerns also helps.

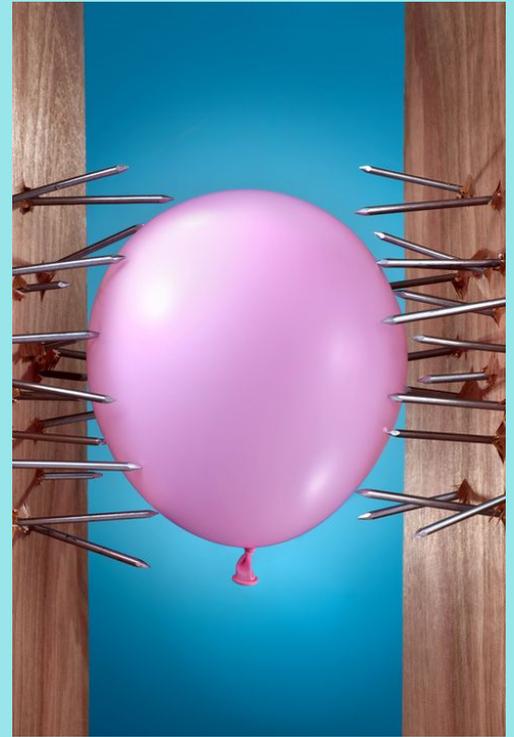


**Symbiosis Centre for
Emotional Wellbeing**

"BEING A SLACK BALLOON"

- **Taking time:** If you've ever tried popping a balloon that's only partially full, you might notice it's much more resilient than one that's been filled all the way and stretched so thin you can see through it. In the same way, a good way not to let your balloon pop is to take some time to deflate it. It can likely be agreed upon that some time away from everyone is a necessity for us all. While it may be difficult to negotiate these boundaries, understand and explain that wanting space away from someone isn't about them, but rather, something you need for your personal wellbeing.
- **Be empathetic:** College brings the added challenges on parent-child relations when children turn into young adults that parents may have a tough time getting along with and vice versa because much may have changed since college started. It takes a simple understanding and empathy towards the needs of your living partners. Understand that the needs of different people are, well, different. In short, understand that everyone else is going through this too.
- **Build a new normal:** Use this as a time to renegotiate relationships. Remember those parent child conflicts we discussed earlier? There isn't a much better time to discuss and negotiate those than when you all have to spend prolonged periods of time together to ponder these points. Furthermore, the sooner this conversation is had the better it can be for later when it comes to interacting on a parent/child relationship vs. an adult/young adult relationship.

Lastly, remember that while these are points focused on cooperation and collaboration, sometimes, the people you live with may not be ready to take those steps towards a peaceful home environment. In the meantime, do what you can to keep that door open from your end. Until then, we hope you make like a slack balloon and do your best not to pop!



**IN CASE OF ANY MENTAL
HEALTH EMERGENCIES,
REACH OUT TO YOUR SCEW
CAMPUS COUNSELOR VIA
PHONE OR AT
MINDHELP@SIU.EDU.IN**