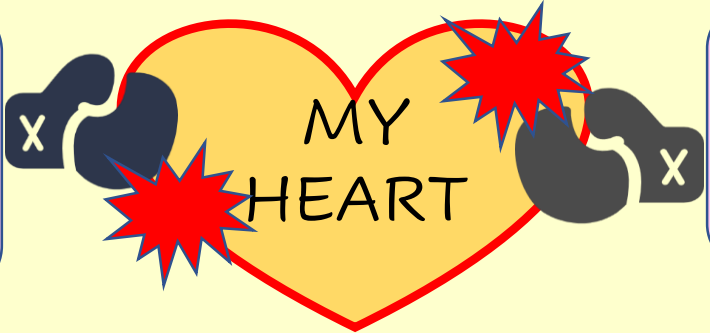


***An illustrated guide
to help you to get through this time***
To all students of Hokkaido University

Hokkaido University
Student Advice and
Counseling Center
(SACC)

News about infection
Changes in daily life
Limitation of activities



My life is in danger
The behavior of people around me
Cancellation of plans

ANXIETY •
FEAR

IMPATIENCE

SOLITUDE • ANGER
LONELINESS

DEPRESSION



What's going on?!

What to do...

Can't take it anymore

I miss ○○△

I don't wanna do anything

Whatever!

MY HEART'S HEAVY...
STRESS!
I'M WORN OUT!

I'm done with this!

Feeling lonely



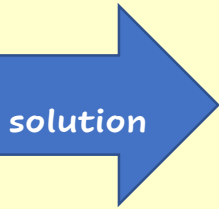
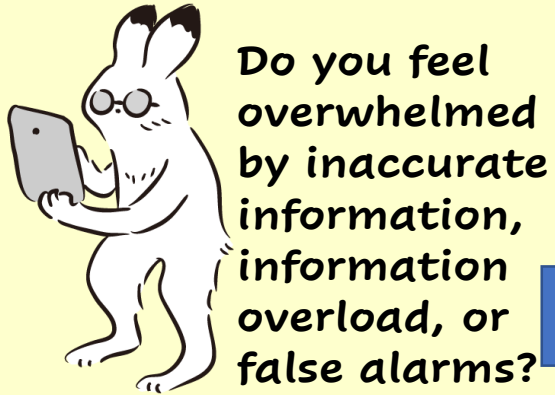
It's ○○'s fault!

There's no escape.

Anyway, can't do anything about it

It's only natural to have various feelings and emotional reactions!

Emotional health care ①
Be careful about dealing with information



- Take a break from the news and information.
- Limit the amount of time you spend watching or listening to media reports that cause stress and anxiety
- Find reliable sources of information.

Emotional health care ③
Practice a stress relief method that works for you

- *Forget about your worries for a while. (Immerse in hobbies, games, drama watching, cartoons, etc.)
- *Do some physical exercise. (Exercise at home, workout, stretching, outdoor activities in open spaces)
- *Do something you can't usually do, something fun. It will also give you a sense of satisfaction. (Reading, tidying up, studying, cooking, etc.)



Emotional health care ②

Contact the people you would like to meet (but can't) by telephone, e-mail, SNS, letters, etc.

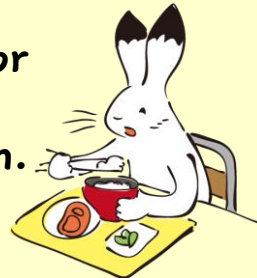
Staying in touch with people, sharing your feelings with people you trust, and checking in with your loved ones will give you some peace of mind and sense of security.



Emotional health care ④
Maintain a healthy lifestyle



Be sure to get a good night's sleep, go to bed early, get up early, get some sunlight, move your body, and eat well to maintain good physical and mental health!



Emotional health care ⑤ Plan ahead and be prepared for emergencies

Do some prior research to know where you can get help or consult, and what actions to take in case of trouble.

Ministry of Health, Labour and Welfare

Website > About Coronavirus Disease 2019 (COVID-19)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/0000164708_00001.html (Japanese)

https://www.mhlw.go.jp/stf/seisakunitsuite/bunya/newpage_00032.html (English)

Sapporo City Health Center -

Consultation Office for Returnees
(Sapporo Emergency and Safety Center [consultation])

011-272-7119(#7119) 24 hours

Tokyo English Life Line

03-5774 0992 (9am-11pm Everyday)



Emotional health care ⑥ If you don't know what to do, seek professional support.

How about visiting the **Student Advice and Counseling Center** of Hokkaido University?
(SACC) > International Student Counseling Office

Place

Student Communication Station (SCS) 2F

By appointment

Telephone : 011-706-7463

011-706-8001 (English available at this number.)

Email : yoyaku@sacc.hokudai.ac.jp
(Appointments by email only from April 23rd)

Reception Hours 10:00~17:00

Monday to Friday (excluding holidays)

The Student Counseling Center is open for counseling as of April 23rd, but there are some changes terms of use. There may be further changes depending on future circumstances.

Please check our website or email us for more information.

<https://www.sacc.hokudai.ac.jp/>



Q. Staying home all day can be depressing. What can I do to feel more productive?

A. When you stay at home all the time, you start to get fed up and feel low on energy. There are times when we wonder if we can somehow put this life to good use, and we feel depressed at the thought of wasting our time.

Point 1: Don't try too hard, set some simple rules and stick to them.

E.g. "I will be up by 9:00 and in bed by 1:00." "I'll cook and eat one meal at least once a day." "I'll limit my online time."

Point 2: Decide on a single mission for today and finish it.

E.g. "Clearing out the bookshelves," "Getting through the first chapter of this book," "30 minutes of strength training."

If you try too hard and plan your schedule too tightly, it may not work, you may get tired, or you may hate it.

Try a little at a time, and if it works, add more missions.

Right now, I think everyone is having a hard time feeling restless and finding it difficult to focus and motivate themselves. It's important not to push yourself.



You're doing good enough just by staying home, staying safe, and living through all this hardship! Keep your mind at ease by knowing that you are doing enough!