

COPING WITH COVID-19 PSYCHOLOGICALLY AS A MEDICAL STUDENT



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This guidance aims to help medical students working under extraordinary and challenging circumstances to look after their own health and well-being during Covid -19 Pandemic. As future medical staff who will deliver the best possible care for your patients, it is crucial that you learn to look after your own mental health and physical well-being even in the midst of difficult and stressful circumstances.

You may find strategies that worked for you previously provide the best outcome for you. Whatever your circumstances, we have identified some information and ideas that can support you to cope and be your best personal and professional self. Remember to take a moment each day to consider yourself and your own needs. Even a few minutes to breathe, stretch or walk outside can make differences on your psychological well-being.



Tips for Looking After Yourself



Stay connected to friends and family. Humans are social creatures, and with social distancing in effect, many people are worried about feeling isolated. You can make use of the technology to stay emotionally connected. Share your feelings with your community in medical school and supervisors. Remember, you are not alone! Your friends in medical school are probably experiencing similar challenges and it may help to share your thoughts and listen to others.



Maintain a Routine and Structure. If you spend most of your time at home it's easy for your day to become unstructured. Even if you're not leaving the house have a structure for your daily life, eat your meals regularly and do exercise. Try to create a stable learning environment at home. Organize a spot to study and schedule virtual study groups and homework sessions with your classmates. Have your meals and do your exercise routinely.



Limit your intake of the news is important. Turning off news alerts, visiting your trusted news sources only once a day, and limiting the news shows you watch to one or two per day will help you to control your anxiety.



Look after your body. Eat healthy, (try not to do multi-tasking while eating), do short workouts or go for a walk, make sure you're keeping regular sleeping hours. The time away from screens and bright lights is important for you to have the best chance of sleeping well. Avoid non-functional coping strategies such as tobacco, alcohol and other drugs.



Try to Reduce Stress through some meditation and exercises. Keeping an emotions journal, practicing mindfulness, and meditating can also help with stress reduction. There are so many different phone apps now that provide guided meditations for all level. You can find the best one for yourself.



If you are an intern student working on hospital during pandemic, your responsibilities may have increased. Increased workload may lead to higher stress level which can result in burning out. Prioritize taking care of yourself to replenish personal resources as much as you can.

3 Points to Keep in Mind



Covid-19 has disrupted the medical curriculum, but the system is adapting to work in its best and support a successful medical education.



Psychologically there is no perfectly right way to cope during Covid-19, except the one that is right and best suits for you.



Even in isolation and social distancing committing to your routines, being in social contact, and looking after your body is very important.

FOR FURTHER SUPPORT



Stressful times like these can affect the psychological wellbeing. It's important to know that you can get support. Koç University Counselling Services (KURES) offers counselling sessions for all Koç University students. You can access to counselling services by filling in the KURES Application form in our website.

Click here to reach

(https://kocuniversitesi.formstack.com/forms/rehberlik_servisi?sso=5f8567e10af72).

For more
information:

KURES – Koç University Counseling Service



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Instagram: [kocunikures](https://www.instagram.com/kocunikures)



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