

ENGLISH	中文
<p>Tips for Rutgers International Students and Scholars during the COVID-19 Pandemic</p>	<p>面向罗格斯国际学生与学者在COVID-19疫情期间的建议做法</p>
<p>This is an unprecedented and highly stressful situation. It is normal to feel anxious, trapped, angry, lonely, and a number of other uncomfortable emotions. As international students, you may also have the added stress of experiencing racist acts or discrimination. Here are tips to manage stress and care for yourself.</p>	<p>这是一个前所未有的，拥有巨大压力的阶段。感到焦虑，陷入困境，生气，孤独和许多其他不舒服的情绪都是正常的。作为国际学生，您可能还会承受经历种族主义行为或歧视的额外压力。以下是一些缓解压力和照顾好自己的技巧。</p>
<p>Combatting Xenophobia/Racism Any type of racial discrimination is unacceptable, e.g., people acting violently and disrespectfully toward you because you are of Asian-descent or are wearing a mask. Please report any acts of bias at go.rutgers.edu/biasreporting.</p>	<p>对仇外心理/种族主义说“不” 任何类型的种族歧视都是不能容忍的，例如，如果您遇到因为您是亚裔或戴着口罩而对您采取暴力和不尊重行为的人。请通过 go.rutgers.edu/biasreporting 举报任何偏见。</p>
<p>Stay Well Mentally</p> <ul style="list-style-type: none"> ● Focus on what is in your control. You cannot control when you can fly back home or the virus itself, but you can control what you do here and now. <ul style="list-style-type: none"> ○ Try to stay positive (Write up daily gratitude, share positivity with friends and family, challenge your negative thinking, meditate). ○ Take time to relax and unwind (listen to music, do a face mask, meditate, etc.) ● Stay informed but avoid excessive exposure to COVID-19 news. Set aside time to unplug from social media. ● Social distancing does not have to mean emotional distancing. Stay connected to friends and family by texting, video chatting, or speaking on the phone. ● Try to create a concrete, structured schedule to follow throughout the day. ● Pay attention to your emotions if you have a headache or fatigue. It could be related to your stress or anxiety. If you experience this type of extreme stress, find practices to help 	<p>保持精神健康</p> <ul style="list-style-type: none"> ● 把关注点放在更多您所控制的内容。例如，您无法控制何时可以飞回家或病毒本身，但是你可以控制你在此时此地的自我保护。 <ul style="list-style-type: none"> ○ 尝试保持积极的态度（表达每天对生活和对周围人感激之情，与朋友和家人分享积极的态度，挑战消极的想法，打坐）。 ○ 花些时间放松和享受（听音乐，敷面膜，冥想打坐等） ● 随时了解情况，但避免过多接触COVID-19新闻。给自己留出社交媒体以外的时间。 ● 社交距离并不一定意味着情感距离。通过发短信，视频聊天或电话与朋友和家人保持联系。 ● 尝试创建一个具体的，有条理的全天时间表。 ● 如果感到头痛或疲劳，请注意自己的情绪。它可能与您的压力或焦虑有关。如果您遇到这种极端的压力，请访问 https://youtu.be/ZVHtjDgc_XU 上找到一些有效方法，以帮助平静缓和下来 ● 致电848-932-7884与校园心理咨询服务（

<p>you calm from an evidenced-based treatment at https://youtu.be/ZVHtjDgc_XU</p> <ul style="list-style-type: none"> ● Reach out to CAPS by calling 848-932-7884. Services are still available and are being provided remotely via phone and video appointments. 	<p>CAPS) 联系。该服务在这段期间一直开放, 并且您可以通过电话和视频聊天与他们联系。</p>
<p>Set Yourself Up for Academic Success</p> <ul style="list-style-type: none"> ● Establish a routine to help establish good study habits. ● Designate a study area. Try to find a quiet, well-lit, private space. ● Create a to-do list (high priority to low priority). ● Take regular breaks such as walking around your living space or watching an episode of your favorite show. ● Remind yourself that this is not a normal time. You may not be as productive as you were previously and that's ok! Do the best you can and don't be too hard on yourself. 	<p>为学业成功端正态度</p> <ul style="list-style-type: none"> ●规划一个日程表以帮助自己养成良好的学习习惯。 ●指定学习空间。尝试找到一个安静, 光线充足的私人空间。 ●创建待办事项列表 (从最重要优先级到最次要级)。 ●定期休息, 例如在非学习空间中散散步或煲煲剧。 ●提醒自己这是一段特殊时间。您可能没有以前那么有效率, 没关系! 尽力而为, 不要对自己太苛刻。