References on WAYS TO COPE WITH YOUR STRESS

It is very natural for you to feel extremely stressed during your self-quarantine period. The following are some information you may want to refer to which may help you mitigate some of the stress that you are now feeling.

・WHO："Mental health & COVID-19"
  https://www.who.int/teams/mental-health-and-substance-use/covid-19

・BBC News: “The world’s most accessible stress reliever”

・Harvard Health Publishing: “Exercising to relax”
  https://www.health.harvard.edu/staying-healthy/exercising-to-relax

・U.S. Department of Veterans Affairs: “PTSD Coach Online”
  https://www ptsd.va.gov/apps/ptsdcoachonline/default.htm

・UTokyo Graduate School of Medicine:
  "imacococare": https://imacococare.net/introduction/ (Japanese only)

・Japanese Red Cross Society:
  “Three faces of COVID-19 we must be alert to”
  http://www.jrc.or.jp/english/jrc_news/200416_006156.html

■For Counseling Services at UTokyo:

・UTokyo Student Counseling Center: http://dcs.adm.u-tokyo.ac.jp/scc/en/