

# OVERCOME YOUR FEARS AND GET BACK TO A NEW LIFE ROUTINE

## Case Study

As impact of the COVID-19 pandemic became worse and the University shut-down, Psychology student Nichelle returned home. She continued to study for her open book exams and found the other online teaching materials really helpful to prepare for Year 2. Over time however, as restrictions started to be lifted, Nichelle and her parents knew she had to start to think about returning to university.

Whilst at home, she'd been largely self-isolating, especially after seeing the news stories about Covid-19 having a larger impact on members of the BAME community. Whilst she could see things were getting back to normal and the University was opening, with changes made to keep the risk low, the thought of coming back was highly distressing. However, she also knew she had to start getting back to normal and made preparations to return. After Nichelle found out two of her friends at the University were coming back, they arranged to return together. Whilst still scared, they all found the idea of returning a little easier, especially travelling on public transport for the first time in ages.

When she returned to the University, Nichelle stayed in her accommodation, ordering shopping to be delivered and only went out for a walk later in the evening when the streets were quieter. However, Nichelle also knew that now she was back in Exeter she would need to return to the campus at some point and found herself getting increasingly scared. Her fears grew so much she decided to contact the Wellbeing Service to see if there was anything that could be done to help her address her fear of coming onto the University campus. On contacting Wellbeing, Nichelle was directed to a web page that included evidence-based COVID-19 prevention approaches developed at the University of Exeter.

**If you find fear is getting in the way of you returning to permitted activities you want or need to do, then this is the intervention for you.**

***Give it a go, what have you got to lose!***

