

## MANAGING YOUR WORRIES DURING COVID-19

### Case Study

University of Exeter second year student Charlie loved studying for an English degree and looking forward to going into the final year. She found it very easy to become fully immersed in the texts related to the period of study and was especially enjoying a current module on modern British literature. So much so, consideration was given to undertake a final year dissertation in this area. Whilst being a member of several Guild Societies with many friends, evenings at home reading were also enjoyed.

All this changed with the impact arising from COVID-19. After moving back home Charlie fully intended to start reading in preparation for the final year dissertation. However, after sitting down to begin to read relevant books related to a potential dissertation idea, she would just start to worry. Worries were about everything; some related to her sister studying at a University in the USA in a state with a higher rate of COVID-19, grades on her final year 2 modules, whether she would still be able to get a student loan and getting access to texts to inform the final year dissertation. Over time, a significant worry

became related to difficulties Charlie was experiencing studying in advance of a potential dissertation. This was found increasingly frustrating as she found worries just going around and around in her head, getting in the way of her ability to concentrate.

One day she decided to contact Dr Waddor who shared her interest in modern British literature to see if she would consider being her supervisor. During discussion, it became clear that Charlie was currently struggling a lot with worry and was getting the way of her preparing for her final year.

**If you find you're worrying a lot about many different things and this is beginning to influence your wellbeing, or you're worrying about your studies and struggling to concentrate, then this is the approach for you.**

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

