

The background features a pattern of diagonal lines in shades of gray. Overlaid on this are several large, light gray circles, each containing a teal-colored stylized human figure with arms and legs outstretched.

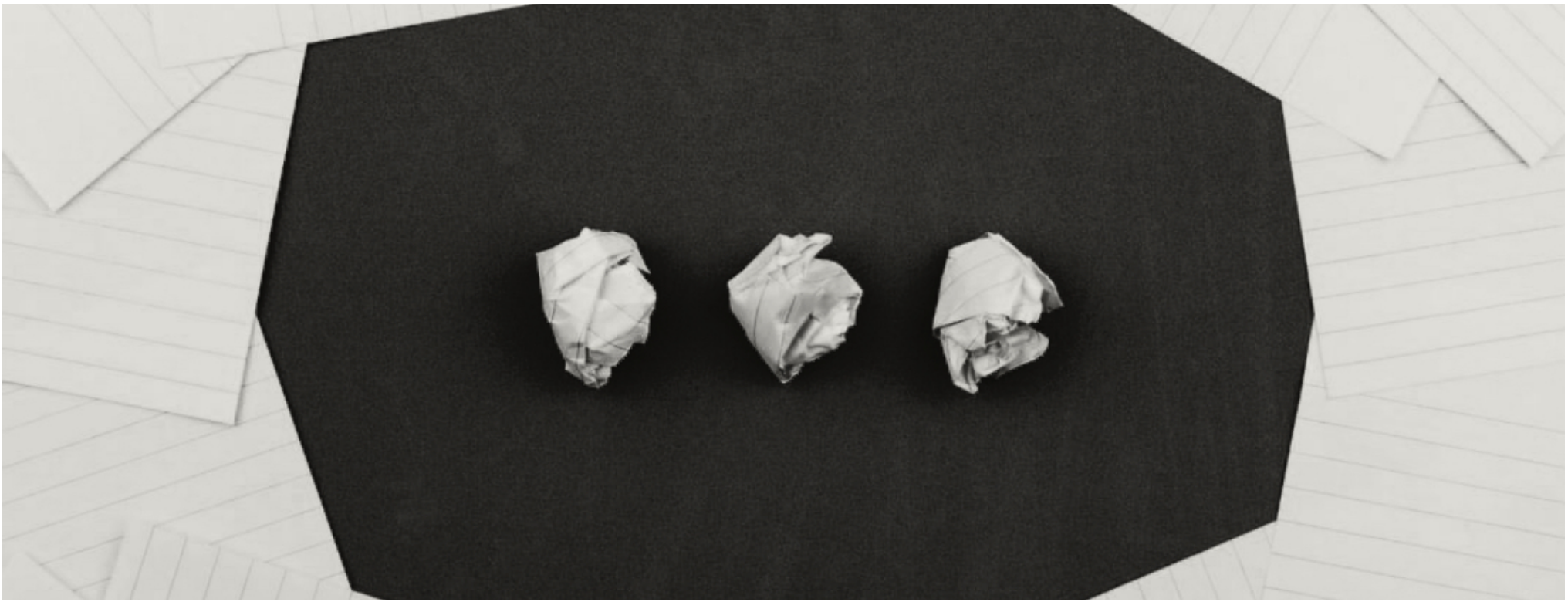
RETHINKING COMMUNICATION DURING A PANDEMIC AND SOCIAL UNREST

AMANDA SOLLIDAY, OFFICE OF GLOBAL AFFAIRS AT DUKE UNIVERSITY • JULY 2020

COVID-19 CHANGED OUR APPETITE FOR NEWS.

Searching for coronavirus updates is now our most common activity on the internet, according to [a market research survey by Global Web Index](#).

- Intense focus on the most pressing issues
- Rapidly changing situations
- Sensitive/alarming/existential issues, every day
- Quite a bit of misinformation



'NEWS YOU CAN USE'

Tips and Guides

How to Cope with Coronavirus Stress

Tips on Starting Family Discussions About Racism

Perspectives from Other Countries

Long Memories and Quick Response Helped Taiwan Keep COVID-19 in Check

Frequently Asked Questions

New Regulations Facing International Students

SHORT (ZOOM) INTERVIEWS WITH UPLIFTING ADMINISTRATORS



<https://youtu.be/HgDfmaXnr24>



FEATURES OF HARD WORK DURING HARD TIMES



Phase 3 of Duke's *Return to Campus* effort is in effect. Please visit [Duke United](#) for more information.

A Psychologist Takes Up Social Distancing

March 20, 2020

Yan Li offers a blueprint for mental health support during isolation.



Image: Amanda Solliday / Office of Global Affairs

-By Amanda Solliday

Just as students were leaving Duke Kunshan's campus for Chinese New Year, that's when Dr. Yan Li remembers hearing about the lockdown in Wuhan.

"It felt very, very sudden," Li says.

Li is a psychologist and the associate dean of Student Affairs and director of [Counseling and Psychological Services \(CAPS\)](#) at Duke Kunshan University in China.

The presence of coronavirus in Wuhan prompted Duke Kunshan to close its campus and suspend in-person classes. Soon, its nearly 600 undergraduates and more than 100 faculty dispersed throughout China and to their respective home countries.

That first day Li heard the lockdown news, she decided to write an online newsletter – [Getting through Coronavirus – One Breath at a Time](#). She predicted that many students would need help adjusting to the abrupt changes in their school and life.

"It's a whirlwind," Li says. "I knew we had to reach out to our students."

[A recent report](#) published in *The Lancet* documents an increase in anxiety, depression and stress in China due to the spread of the virus that causes COVID-19. But the report also points out that, in 2020, mental health professionals have more digital tools than ever to help people who are struggling.

A week after the coronavirus outbreak in China, Li flew back to the United States to reunite with her family in Durham. She began working remotely to assist Duke Kunshan students, staff and faculty online. She wanted the university's counseling services to continue to be proactive about reaching people and addressing mental health concerns.

Even with the disruption, her group has [written newsletters](#), hosted workshops, [held group counseling sessions](#), recruited peer responders and [vetted online screening tools](#) and [interactive self-help therapy](#), all in the matter of a few weeks.

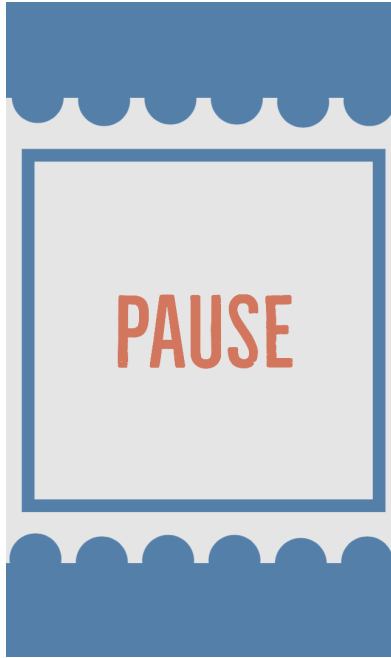
Although CAPS at Duke Kunshan typically only works with students, they began free online counseling services for faculty and staff and also hired a part-time therapist to provide bilingual support.

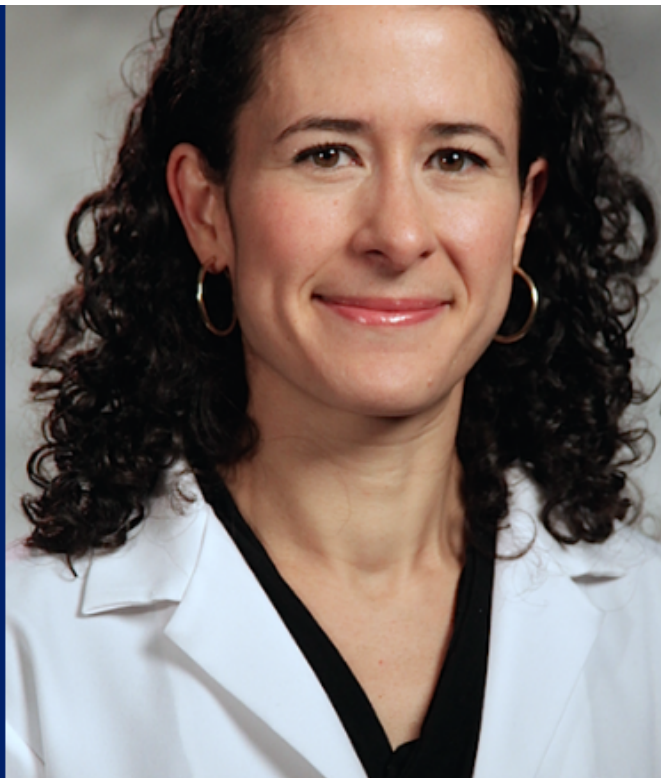
"We felt it was important to support faculty and staff during this period," Li says. "Because they're now trying to work online with a 12-hour time difference

HOMETOWN SERIES ON INSTAGRAM

Follow the Duke Global Baton: @dukeglobalbaton







OTHER ADMIRABLE WORK AT DUKE

University Leaders Address International Students on New Federal
Visa Directives



LIVE:
CORONAVIRUS
THE NEW NORMAL

GAVIN YAMEY
PROFESSOR OF THE PRACTICE OF
GLOBAL HEALTH

Duke

<https://youtu.be/PkCXWDOaezM>

Durante la Pandemia, el Permiso por Enfermedad Pagada, la Capacidad de Distanciamiento Ayudaría a las Comunidades Hispanas

PLANNING FOR FALL 2020



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