Coping with Campus Violence: Tips for dealing with trauma

Recent tragic events have left UCM students feeling many emotions. You may be wondering or looking for ideas on how to cope.

The following tips are intended to help you deal with any reaction you may be having:

1. **Know that everyone has a unique reaction.** Here are some common feelings people have after traumatic events.

   - Confusion
   - Replaying events over again
   - Fear
   - Guilt
   - Feeling listless
   - Helplessness
   - Shock
   - Disbelief
   - Shame
   - Difficulty concentrating
   - Difficulty sleeping
   - Anger
   - Not interested in doing things

2. These feelings and reactions may come at different times and perhaps in waves. Some may have an immediate reaction of shock/disbelief. Others may have to distract themselves and go about life as normal to feel better.

3. Give yourself time to adjust. While strong emotional reactions to tragic events are normal, most will fade over time.

**Things to try...**

- Seek **support** from family and friends. Talking with others is healing.
- **Structure** your time. Having a predictable routine will help you to improve your functioning.
- Be sure to **eat** well-balanced meals and stay **hydrated** (even if you don't feel like it!).
- Avoid tobacco, alcohol, drugs, and excessive caffeine. Although using substances may seem to be helpful, this can often cause more unpredictable emotional responses.
- **Sleep** and get plenty of **rest**. This may be difficult, but rest is important.
- Give yourself permission to **feel** different. You may lose motivation, be unable to study, or lay around doing nothing.
- Alternate **exercise** with **relaxation** will alleviate some of the stress.
- You may have reoccurring thoughts, dreams, or flashbacks – they are normal and will decrease over time.
- Realize that those around you are under stress and may react differently. Try not to take things personally.

If you feel you need further help, contact Counseling & Psychological Services (CAPS) 24/7 by calling (209)228-4266.