

COPING WITH CURRENT EVENTS



Reacting to World Events

The entire campus community can be impacted when a major world event occurs.

Global situations can result in individual high levels of distress. This can include physical, emotional, and behavioral reactions.

- Each person's response is individualized. We can support each other by acknowledging these differences.
- Thoughts, feelings, and behaviors experienced by each person may be not only related to current event but also previous (and potentially unresolved) traumatic events from the past.
- A sense of anxiety and panic in the face of uncertainty is both typical and expected.
- Any reactions are often an attempt to make sense of the situation, including why the situation has occurred.

Common Emotional and Physical Symptoms

- Feelings of sadness, grief, moodiness
- Feelings of numbness or detachment
- Heightened anxiety or fear
- Fears about death (self/others), being alone
- Irritability, restlessness, over excitability
- Hyper-vigilance, being "on edge", startling easily
- Feelings of self-blame, including "survivor guilt"
- Mood swings; sudden changes in mood or intense reactions in response to minor triggers
- Headaches, nausea, upset stomach
- Fatigue, feeling slowed down

Common Cognitive and Behavior Symptoms

- Difficulties concentrating
- Feeling confused, disoriented, and/or distracted
- Difficulties making decisions, even small ones
- Ruminating, especially about death and dying
- Increased crying
- Loss of appetite
- Sleep disruption, including insomnia, frequent waking, and increased sleep
- Withdrawal, social isolation
- Avoidance of people, activities, or places that trigger responses or memories

Important

We can ALL play a role in helping one another to cope as well as in facilitating healing and recovery.

Wellness Resources

Mental Health Quick Resource List:

go.geneseo.edu/gethelp

Coping with College:

go.geneseo.edu/copingwithcollege

See reverse for information on How to Help

How to Help



- Engage in basic self-care, including getting enough sleep, eating regular meals, and continuing routines.
- Utilize healthy coping strategies. Go for a walk, watch a funny TikTok video, get exercise, listen to music, spend time with friends, practice meditation or yoga.
- Allow any reactions that arise. Normalize all the questions, fears, and uncertainties. Validate these concerns rather than argue with or otherwise dispute. Remember that in crisis situations, people (including you!) may not respond in their usual rational way.
- Consider taking a news break. Staying "on top" of the news may be an attempt to feel in control of an out-of-control situation, but it can result in increased anxiety. Designate 5-10 minutes in the morning and afternoon to check reliable sources for any updates. Turn off push notifications about the news on your phone. Limit your time on social media and similar apps/sites.
- Engage in problem-solving. Identify the main issues or immediate needs and then engage in a step-by-step process to identify possible solutions. Focus on what you can control about the situation.
- Provide support to one another. People may need to simply be with each other during times of crises. Feeling connected to people close to you may be more important than saying the "right" things.
- Take advantage of on-campus resources. These may include peers, organizations, co-workers, advisers, administrators, mental health professionals, faith-based support, and other resources.