

COPING WITH TRAGIC EVENTS



Responding to Tragic Events

The entire campus community is impacted when a sudden or tragic event occurs. Individual responses can be physical, emotional, cognitive, and behavioral.

- Each person's response is individualized. We can support each other by acknowledging these differences.
- Reactions 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 Symptoms

Feeling...

- sad
- guilty
- angry
- irritable
- numb

Experiencing...

- nausea or loss of appetite
- difficulties concentrating
- trouble sleeping
- tiredness, fatigue
- restlessness

Thoughts of...

- past losses
- death and dying
- confusion
- questioning
- spiritual doubt

Having urges to...

- cry, sob, or scream
- skip classes
- withdraw from others
- increase alcohol/drug use
- avoid certain places/people

Important

Every one of us can be a part of the healing process, creating a *community of caring* to facilitate coping, support, and eventual recovery.

Wellbeing Resources

Mental Health Quick Resource List:

go.geneseo.edu/gethelp

Counseling Services:

go.geneseo.edu/counseling