

What You Can Do



Allow yourself to feel.

Acknowledge all of your emotions, questions, fears, and uncertainties.

Engage in basic self-care.

Focus on getting enough rest, eating regular meals, and continuing routines.

Practice compassion for yourself and others.

Know that there is no "right" way to react. Give yourself more space and remember that in crisis situations, people may not respond in their usual rational way.

Put your energy towards what nourishes you.

When you are ready, go for a walk, watch your favorite movie, get exercise, listen to music, practice yoga.

Offer and receive support. People may need to simply be with each other during times of crises. Plus, feeling connected to others fosters resilience and healing.

Consider taking a social media and/or news break.

Reading news and updates can be an attempt to feel in control of an out-of-control situation - notice whether this helps you or whether it causes increased anxiety.

Take advantage of on-campus resources. These may include peers, organizations, co-workers, advisers, administrators, mental health professionals, faith-based support, and other resources.

Resource Reminder

MH Quick Resource List: go.geneseo.edu/gethelp

How to Help Others: go.geneseo.edu/howtohelp