

# COPING WITH CURRENT EVENTS

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## *Reacting to World Events*

The entire campus community is impacted when a major world event occurs. These global situations can result in high levels of distress. Individual responses may 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...	Experiencing...	Thoughts of...	Having urges to...
<ul style="list-style-type: none"><li>• sad</li><li>• guilty</li><li>• angry</li><li>• irritable</li><li>• numb</li></ul>	<ul style="list-style-type: none"><li>• nausea or loss of appetite</li><li>• difficulties concentrating</li><li>• trouble sleeping</li><li>• tiredness, fatigue</li><li>• restlessness</li></ul>	<ul style="list-style-type: none"><li>• past losses</li><li>• death and dying</li><li>• confusion</li><li>• questioning</li><li>• spiritual doubt</li></ul>	<ul style="list-style-type: none"><li>• cry, sob, or scream</li><li>• skip classes</li><li>• withdraw from others</li><li>• increase alcohol/drug use</li><li>• avoid certain places/people</li></ul>

## *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](https://go.geneseo.edu/gethelp)

How to Help Others:

[go.geneseo.edu/howtohelp](https://go.geneseo.edu/howtohelp)

Counseling Services:

[go.geneseo.edu/counseling](https://go.geneseo.edu/counseling)