

Coping with a National Tragedy

Feelings of shock, sympathy, grief and other emotional responses are normal in the wake of national tragedies. It is important to remain aware of your internal reactions and respond in a way that is most helpful to yourself, loved ones and those directly impacted.

While it is common to experience a variety of emotional, physical and behavioral reactions, developing healthy coping strategies can help you move forward positively.

Tips for Managing Your Distress

Talk about it — Ask for support from people who care about you and who will listen to your concerns. Support from family and friends can help lessen the emotional impact.

Strive for balance — Balance overwhelming feelings of negativity and pessimism by reminding yourself of meaningful people and events. Striving for balance empowers you and allows for a healthier perspective.

Turn it off and take a break — Stay informed, but try to limit the amount of news you take in. Being overexposed can actually increase your stress, so focus instead on something you enjoy.

Honor your feelings — Remember that it is common to experience a range of emotions after a traumatic incident. Grief is a long process. Give yourself time to express your feelings and recover.

Take care of yourself — Eat well-balanced meals, get plenty of rest and build physical activity into your day. If you are having trouble sleeping, try some relaxation techniques, such as deep breathing, meditation or yoga.

Help others or do something productive — Locate resources in your community on ways that you can help people who have been affected by this incident. Helping someone else often has the benefit of making you feel better too.

Sometimes, it helps to speak with a professional.
The ASPIRE program is here to help.

Contact ASPIRE.

ASPIRE's services are confidential* and complimentary to students and family members.

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*All information shared with the ASPIRE program is strictly confidential unless student consents otherwise or law requires.

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