



# COPING WITH DISTRESS IN THE WAKE OF VIOLENCE

Regardless of whether you are personally connected to a traumatic violent event, your sense of order and safety may feel compromised in its aftermath.

Individual responses to a trauma will vary; some reactions may go away on their own while others may show up at a later time (delayed response). Some common reactions include, but are not limited to:

## EMOTIONAL

- Shock
- Sorrow
- Numbness
- Fear
- Helplessness
- Disillusionment
- Anger
- Grief
- Anxiety
- Panic



## BEHAVIORAL

- Isolation
- Avoidance of things that might remind you of the event
- Lack of interest in things you previously enjoyed



## PHYSICAL

- Fatigue
- Insomnia
- Headaches
- Easily startled
- Difficulty concentrating
- Decreased appetite



# here are things you can do to strengthen your resilience as you cope with the aftermath of a traumatic event

## balance

Remind yourself of positive people and events. Maintain practices that have provided emotional relief or joy in the past.



## honor your feelings

Remember that it is common to have a range of emotions following a traumatic incident. Be patient with and accepting of yourself and your feelings.



## talk about it

Talk with supportive people in your life or with others who have shared similar experiences.



## do something productive

Helping someone else often has the benefit of making you feel better.

Source: American Psychological Association

**our minds matter**

[program@ourmindsmatter.org](mailto:program@ourmindsmatter.org)



## take a break

Try to limit the amount of news you take in by scheduling "news breaks." Be selective with your sources, and try to avoid "doom scrolling."



## take care of yourself

Eat well-balanced meals, engage in joyful movement, & get plenty of rest.



## if you experienced a loss

Remember that grief is a long process. Give yourself time to experience your feelings and to recover. Consider reaching out to a counselor for assistance.

**when to seek professional help?**

If signs and symptoms persist for a long time and begin to interfere with everyday life, it might be time to talk with a trained professional. Reach out to your school's mental health team for more information.