

coping with distress in the wake of violence

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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



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Here are some things you can do to strengthen your resilience as you cope with the aftermath of a traumatic event.

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.

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.

balance

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

take care of yourself

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

talk about it

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

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."

do something productive

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



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.

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Source: American Psychological Association

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