

Coping with Recent Violent Events
A Statement from K-State Counseling Services

The staff at Counseling Services are deeply disturbed by the recent acts of violence in Nice, France; Dallas, TX; Falcon Heights, MN; Baton Rouge, LA; Orlando, FL, and elsewhere in our country and around the world. As an agency, we stand united against and denounce all forms of violence, including violence that is rooted in oppression, hate, or fear. As our "[Commitment to Social Justice](#)" outlines, we provide compassion, acceptance, and respect for all individuals.

We acknowledge as a result of the violence, many K-State students, staff, faculty, and alumni may be deeply affected. Reactions may include anger, fear, sadness, confusion, hopelessness, helplessness, disbelief, or numbness. Some individuals may experience social isolation, sleep difficulties, appetite changes, difficulty concentrating, nightmares, anxiety, or memories of past traumatic events. These reactions are expected when we encounter, personally or vicariously, overwhelming and threatening events. Some may exhibit these responses immediately after learning of violent events, while others might have a reaction at a later point in time. Reactions may be particularly intense for those individuals who previously experienced oppression, discrimination, and/or violence.

The Counseling Services staff believe in the resiliency of individuals in that we all have the power to heal. We encourage you to take care of yourselves and each other. The following are some resources that could be useful in coping with the reactions you may be experiencing:

- Give yourself permission to feel whatever you feel.
- Talk with others whom you trust.
- Eat, sleep, and exercise regularly.
- Attempt to maintain your typical routine, if possible.
- Practice deep breathing.
- Avoid using alcohol and/or other drugs to self-soothe.
- Considering limiting your exposure to social media and the 24-hour news cycle.
- Talk with a mental health professional or clergy if your reactions become overwhelming.

Appointments for students can be scheduled with Counseling Services by calling 785-532-6927 or by visiting the 2nd floor of the English/Counseling Services Building. Urgent, walk-in appointments are available for individuals in crisis. You will be asked to complete online forms prior to scheduling your appointment or being seen urgently. **When Counseling Services is closed, after-hours crisis consultation is available by calling 785-532-6927. Faculty/staff can contact EAP at 888-275-1205 (option 7).**

Additional Resources:

- <http://universitylifecafe.k-state.edu/bookshelf/>
- <https://www.k-state.edu/counseling/topics/resources.html>
- <http://www.apa.org/helpcenter/mass-shooting.aspx>
- <http://www.helpguide.org/articles/ptsd-trauma/traumatic-stress.htm>

*Adapted with permission from statements by colleagues at the Counseling Centers of
The University of Utah and the University of Maryland.*