



DEALING WITH EMOTIONAL AFTERMATH OF TRAUMA

Following a traumatic event, even one that happened far away yet affects us, each of us may experience some variation of a stress reaction. The response to such an overwhelming event is normal; and the response may be mild, moderate, or severe. The form and severity of the reaction varies with each individual. Common symptoms include: difficulty concentrating, anxiety or depression, feelings of numbness, loss of appetite, sleep difficulties, nightmares, or feeling helpless. Generally, these symptoms will abate with time.

To help with your reactions, please:

- Talk with others whom you trust about your reactions;
- Eat well, exercise, and rest as well as you can;
- Limit the amount of media coverage you watch if you feel flooded or overwhelmed by the news;
- Recognize that your reactions are normal and that the symptoms will improve with time.
- See additional professional support when needed.

As always, support is available for KSU students who may feel the need to process their reactions with someone.

For general information/referral:

- Safe Zone Allies check out the listing of the Safe Zone Ally nearest you at <http://www.k-state.edu/womenscenter/SafeZone.htm>

For emotional concerns:

- Confidential counseling is available at Counseling Services (CS) at 232 English/Counseling Services Building, 532-6927; up to four contacts with a professional counselor at CS are at no cost to students. Also check out their website at <http://www.k-state.edu/counseling> for information on dealing with trauma (see link on the main page).
- Local pastors/priests/religious groups

For academic concerns:

- The Office of Student Life at 102 Holton Hall, 532-6432
- The Dean of their College - check your campus directory to help them make that connection.

For faculty and staff:

- The Lifeline Employee Assistance Program is available to provide support. You can call them at 1-800-284-7575.