

At K-State's Counseling Services, we are aware that many students, faculty, and staff may be directly or indirectly affected by recent events. These events have led to confusion and uncertainty for many, which may be linked to worry, difficulty concentrating, and other disruptions that can reduce academic and work performance.

Counseling Services is concerned about these impacts and reaffirms our value of inclusivity and willingness to take a public stand against discrimination and oppression and in support of human rights outlined in our ["Commitment to Social Justice"](#). We value the many things a diverse student body, faculty, and staff bring to our campus and appreciate our international, immigrant, and undocumented students, faculty, and staff in addition to those who have other minority identity statuses (e.g., race, religion, sexuality, gender identity, ability) or who have been sexually assaulted. The staff at Counseling Services are committed to providing a safe space for ALL K-Staters.

We encourage all students who are struggling with the impacts (either directly or indirectly) of the current climate to please schedule an appointment (785-532-6927) or use our walk-in services (232 English/Counseling Services). When Counseling Services is closed, after-hours crisis consultation is available by calling 785-532-6927. Faculty and staff, please use the Employee Assistance Program by dialing (24/7) 1-888-275-1205 (option 7).

We encourage all individuals to continue to practice self-care, support each other, and consider using these strategies for coping with stress:

- 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.
- Consider 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.

And consider this quote from Susan Piver in her January 29, 2017 article in [Lion's Roar](#) magazine:

Remind yourself that generosity is a gesture of power.

Rather than scanning the environment for confirmation or denial of your worst fears, scan it for someone who could use a kind word or glance. It can be that simple.

Whether we are swinging on the hook of grasping, aggression, or numbness, there is one sure way off: to help someone who is also swinging. This is a really good thing to do for others, but also it is good for yourself. When we are afraid, we feel powerless. Generosity is a gesture of power.