With the tragic loss of a student on the City College campus last Tuesday, October 12, Mental Health Counseling Center would like to pass on the following information about coping with a traumatic event. You will also find a list Domestic and Gender Violence Resources as well as campus events organized in response.

Post-Trauma Practical Guide to Feeling Better

Physical

- Drink lots of water to flush the chemical cascade triggered by the trauma.
- Vigorous exercise alternated with periods of relaxation in first 24 -48 hours may also help.
- Eat a healthy diet and get enough rest. If you are irritable or tense from lack of sleep or if you aren’t eating correctly, you’ll be less able to deal with a stressful situation.
- Do not overuse alcohol or drugs in an effort to numb pain.

Emotional

- Reach out - people do care. Talk about the incident. Contact a friend and have someone stay with you a few hours or a day.
- Express your feelings as they arise. Take time to cry if needed. Understand that it is not possible to avoid all suffering, that it is a part of the human condition.
- Structure your day - keep busy. Maintain as many normal activities as possible. This will give you a feeling of control over your life.
- Keep a journal or do artwork to unburden yourself when intense feelings arise.
- Create a serene place where you can escape, either in your imagination or in reality. Make your environment one that you enjoy.

Guidelines

- Don’t have unrealistic expectations for recovery. Expect the experience to bother you.
- Don’t pretend everything is okay.
- Determine not to let the traumatic incident cause you further harm, whenever that is in your control.
- Don’t make major changes if you don’t need to. An ordinary workload can sometimes seem unbearable. Take one thing at a time. If you normally plan a half an hour to get a job done by rushing through it, schedule 45 minutes or an hour so you can do the job more deliberately and thoughtfully.
- Seek professional help if your symptoms persist.

Information based on "A Handbook for Providers, COMPSYCH."