

The members of the counseling center staff recognize that many people in our Colgate community have been negatively impacted by the recent events in our country. Additionally, we understand that many are feeling threatened and unsafe on campus. We would like to offer a few suggestions.

- 1.) **Practice reflection and pay attention to your early awareness signs.** Allow yourself some time to reflect on your reactions, your personal history, and ways how your values and well-being feel threatened. If you can become aware of your own reactions to stress, you can then address them. These signs may include physical reactions like tightening of your throat or tension in your muscles.
- 2.) **Acknowledge feelings.** Reactions to events vary from person to person. Some experience intense feelings while others experience nothing at all. Allow yourself to feel what you feel and don't judge your personal experience or the experience of others. Find healthy ways to express your feelings such as journaling or talking with a trusted friend or family member.
- 3.) **Practice self-care.** Try self-soothing strategies like writing, meditating, mindfulness exercises, listening to music, or whatever you find helpful. It is important to take care of yourself so that you have energy to do what needs to be done.
- 4.) **Limit your exposure to news and social media.** If you feel distressed by what is in the media, for the moment, limit your consumption of social media sources that are likely to be full of distressing material. This also includes watching or reading the news.
- 5.) **Model healthy communication and seek community.** This is an opportunity to show that you can elevate conversations, take a higher path, and engage in positive conversation. Sharing experiences and ideas with others can be a way to strengthen positive community values and shared identities. There are a number of groups on campus that you may want to consider joining if you are looking for a way to get involved.
- 6.) **Utilize your supports and resources.** Many have a natural tendency toward isolation when feeling triggered or emotional. Reachout to those around you, family and friends, who may be experiencing similar feelings. Utilize support groups or other resources in your community.
- 7.) **When possible, go about your normal routine.** Get up in the morning, go to class, be active if you can. Some distractions are often valuable. Try not to isolate yourself from others. Consider exercise. Eat well. Get enough sleep. During times of distress, we crave stability. Give yourself these basic needs.

We are here for you. Take care of yourself and consider allowing others to help you. Please consider scheduling an appointment if you need support during these difficult times. Appointments can be scheduled by phone at 228-7385 or through an on-line scheduler at www.colgate.edu/counseling

