Common Reactions to Stress

• Physical
• Mental
• Emotional
• Behavioral
Physical

- Fatigue
- Insomnia
- Rapid Heartbeat
- Headaches
- Nausea/Vomiting
- Dizziness
- Rapid Breathing
Changes in the way you think

• Difficulty making decisions

• Nightmares

• Difficulty with concentration or attention

• Difficulty with problem solving
Emotional

• Denial
• Emotional numbness
• Intense anger
• Uncertainty
• Agitation or irritability
• More emotional
• Helplessness
Behavioral

- Withdrawal from others
- Inability to rest
- Use of substances
- Change in appetite
- Suspiciousness
- Changes in normal activities
Coping with Difficult Incidents

- Maintain structure
- Communicate with others
- Engage in self-care
Maintain Structure

- Structure your time – keep busy. Maintain your routine as much as possible

- Make as many daily decisions as possible that will maintain your feeling of control over your life

- Eat well-balanced and regular meals (even if you don’t feel like it)
Communicate with others

• Give yourself permission to feel bad and share those feelings with others

• Talk to people – talking is the most healing medicine

• Reach out – people do care

• Spend time with friends

• Help your peers by sharing feelings and checking out how they are doing
Engage in self-care

- Your reactions are normal – don’t label yourself as crazy
- Get plenty of rest
- Be aware of numbing the pain with use of drugs or alcohol
- Keep a journal; write your way through periods of stress
- Do things you enjoy: music, walks, games, watch movies
- Don’t make big life changes
Engage in self-care

• Connect with your spiritual belief system

• Physical activities (sports, pickup game of Frisbee, etc.)

• Get medical care when needed

• Take breaks from social media and news
Things to consider…

• This may take time, take the time
• Know yourself and your limits
• Be proactive in your healing process
• When you need help, get help
Resources

- University Counseling Center
  - counseling.fsu.edu
  - (850) 644-2003

- Victim Advocate Program
  - victimadvocate.fsu.edu
  - (850) 644-1234

- Dean of Students
  - deanofstudents.fsu.edu
  - (850) 644-2428

- University Health Services
  - www.uhs.fsu.edu
  - (850) 644-4567
Resources

- **Career Center**
  - www.career.fsu.edu
  - (850) 644-6431

- **Interfaith Council**
  - interfaithcouncil.fsu.edu

- **The Center for Leadership and Social Change**
  - thecenter.fsu.edu
  - (850) 644-3342

- **Employee Assistance Program (EAP)**
  - vpfa.fsu.edu/Employee-Assistance-Program
  - (850) 644-2288