



Counseling & Psychological Services

at Florida State University

850.644.TALK (8255) | counseling.fsu.edu



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

- [Counseling and Psychological Services](#)
 - counseling.fsu.edu
 - (850) 644-TALK(8255)
- [Victim Advocate Program](#)
 - <https://dsst.fsu.edu/vap>
 - (850) 644-7161
- [Department of Student Support and Transitions](#)
 - <https://dsst.fsu.edu/>
 - (850) 644-2428
- [University Health Services](#)
 - www.uhs.fsu.edu
 - (850) 644-6230

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 \(EAP\)](#)
 - <https://eap.fsu.edu/>
 - (850) 644-2288