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-TALK(8255)

- **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