

Tips for College Students: After a Disaster or Other Trauma

If you have experienced a disaster; or your friends and loved ones have experienced a disaster such as a hurricane or flood, or other traumatic event, you may have distressing reactions or heightened emotions such as feelings of anxiety or feeling afraid.

It's also common to think often about the event even if you were not directly affected by it, especially if you saw it on television or through social media.

Tips for Coping

Talk about it: One of the most helpful things to do is connect with others; don't isolate yourself even though it may be difficult to get started. Share your feelings and concerns with friends and family. Visit UST Counseling Services for any emotional concerns or Campus Ministry for spiritual support.

Take care of yourself: Rest when needed, eat healthy meals and snacks, drink plenty of water, and exercise.

Give yourself a break from the news: Take a break from social media outlets and news coverage.

Get back to your daily routines: It's a good way to regain a sense of control and help you feel less anxious about the event.

Get involved in your community: Volunteering is a great way to help and can create a sense of connectedness and meaning. Check with UST Health Promotion and Wellness about projects.

If you continue to experience emotional distress for 2-4 weeks after a disaster or other traumatic event, or if you just want to talk with a professional, use any of the resources on this flyer to help you or someone you know recover.

Most responses are just normal ways of reacting to the situation. There are not right or wrong responses to the situation around you.

Celts Helping Celts. UST Counseling & Disability Services, 206 Crooker, 713-525-2169 or 6953

Common Reactions of Survivors of Disasters and Other Traumatic Events

- Having trouble falling asleep or staying asleep
- Decrease in energy or complete lack of energy
- Feeling wound up or agitated
- Feeling sad or depressed
- Having stomach aches or headaches
- Feeling irritable or angry. Fighting with others for no reason
- Being numb-not having any feelings
- Having trouble focusing on schoolwork or other tasks
- Having periods of confusion or difficulty making decisions
- Not having any appetite or finding that you are eating too much
- Thinking you are alone in your feelings – that no one is having the same reactions as you
- Drinking alcohol or using drugs to stop your feelings

Disaster Distress Hotline

PHONE: 1-800-985-5990

TEXT: "TalkWithUs" to 66746

WEB: disasterdistress.samhsa.gov