

Self-Help Resources for **COPING WITH TRAUMATIC EVENTS**

What is trauma?

A powerful emotional and/or physical response to a distressing event. Trauma can continue to cause both emotional and physical symptoms long after the traumatic event is over and can look different for everyone.

Severely stressful, sudden, or scary events may cause traumatic responses that overwhelm the coping skills that we usually rely on to deal with stress. In the days and weeks following a traumatic event, it is common to experience a number of the reactions below.

Common symptoms and reactions

- **Avoidance of reminders:** including memories, people, places, or things related to the trauma
- **Re-experiencing the trauma:** nightmares, flashbacks, emotional or physical responses, and/or distressing thoughts or feelings (i.e. anxiety, panic symptoms, low mood, feeling tense, etc.)
- **Common thoughts and/or feelings:** blame toward self or others, loss of interest in activities, memory disturbance, feelings of isolation, helplessness, sadness, anxiety, depression, anger, etc.
- **Hyperarousal:** increased irritability or anger, difficulty concentrating, difficulty sleeping, hypervigilance



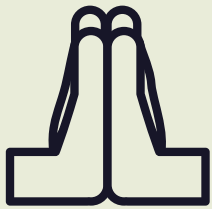
Helpful Tips

Practice physical self-care



Make efforts to sleep, take care of nutritional needs, and move your body. Go for a walk or run, try yoga, have a dance party, spend time outdoors

Practice mindful & emotional self-care



Try journaling or meditation, listen to music, read a book, draw, color, make art, play with pets, take a warm bath or hot shower

Utilize social supports



Call a friend, partner, or other trusted person. Join a club or organization. Stay connected with community events ("Engage", DRABA, etc.)

Seek professional help if needed



Consider seeking professional assistance through the ASU Counseling Center. Other helpful resources are listed below.

Resources

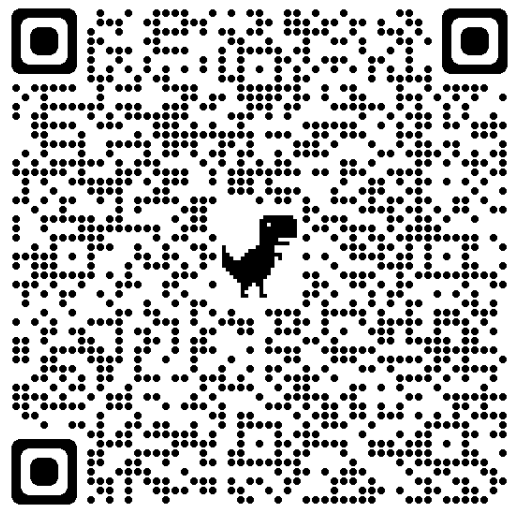


Calm, Insight Timer, Headspace, WellTrack Boost, Liberate, Shine, Finch (see app store or resource list below)



- OASIS: (828) 264-1532
- Trevor Project: 1-866-488-7386

Check out our full resource list via QR code!



Counseling Center Services

The AppState Counseling Center offers a variety of services including short-term individual counseling, group therapy, workshops, self-help resources, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

1st Floor, Miles Annas Building | counseling.appstate.edu
(828)262-3180 | counseling@appstate.edu |
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