

# TIPS FOR COLLEGE STUDENTS: Recovery After Trauma

Experiencing a disaster or traumatic event can bring up a wide range of feelings. It's completely normal to feel anxious, afraid, or overwhelmed—even if you weren't directly involved. You might find yourself thinking about it often or feeling off balance. These reactions are common. There is no right or wrong way to feel.

## Talk About It.

Don't isolate. Connect with someone you trust—a peer, professor, counselor, RA, or family member. Talking about your feelings helps you process them.



## Take Care of Your Body.

Rest, eat nourishing meals, drink water, and avoid skipping meals or overloading on caffeine.



## Avoid Substances.

Alcohol, drugs, and tobacco can worsen stress and delay healing.



## Calm Your Mind & Body.

Practice deep breathing, gentle stretching, or take walks. These reduce stress and help your body recover.



## Stick to Your Routine.

Try to get back into your daily schedule. It brings structure and a sense of control.



## Limit Media Exposure.

Take breaks from news or social media coverage. Constant exposure can increase anxiety.



## Help a Friend.

Be a supportive listener. Everyone copes differently, so be patient. Reach out for help if you're worried about someone.



## Join in Positive Activities.

Community events, group discussions, and volunteering can promote healing and remind you you're not alone.

