
COPING WITH CRISIS, TRAUMA, AND ADVERSITY: DO'S AND DON'TS

Experiencing a crisis, trauma, or adversity can be incredibly challenging, especially for students who are often navigating a complex phase of life. Coping effectively involves a combination of self-care, seeking support, and adopting healthy coping strategies. Here are some dos and don'ts to consider when coping with crisis, trauma, and adversity:

Do's:

REACH OUT FOR SUPPORT:

Do: Reach out to friends, family, or mental health professionals for emotional support. Talking to someone you trust can provide comfort and perspective.

Do: Utilize hotlines, crisis text lines, or online support communities if you need to talk to someone anonymously.

Do: Consider therapy or counseling to work through your emotions and develop coping strategies.

PRACTICE SELF-COMPASSION:

Do: Be kind and patient with yourself. Understand that it's okay to feel a range of emotions, and you're not alone in your struggles.

Do: Engage in self-care activities that bring you comfort, whether it's reading, art, exercise, or spending time with pets.

MAINTAIN ROUTINE AND STABILITY:

Do: Try to maintain a regular daily routine. Structure can provide a sense of stability during turbulent times.

Do: Ensure you're getting enough sleep, eating balanced meals, and engaging in regular physical activity.

EXPRESS YOUR FEELINGS:

Do: Express your feelings in a healthy way. This could be through journaling, art, music, or talking to someone you trust.

Do: Consider mindfulness and relaxation techniques like meditation or yoga to help manage stress.

SET REALISTIC EXPECTATIONS:

Do: Set realistic goals for yourself. Understand that healing takes time, and it's okay to take small steps toward recovery.

Do: Celebrate your progress, no matter how small it may seem. Acknowledge your efforts and resilience.

SEEK PROFESSIONAL HELP:

Do: If your distress is persistent and impacting your daily life, seek professional help from therapists, counselors, or psychologists.

Do: Be open to various therapeutic approaches, such as cognitive-behavioral therapy (CBT), exposure therapy, or Eye Movement Desensitization and Reprocessing (EMDR), depending on the nature of the trauma.

Don'ts:

ISOLATE YOURSELF:

Don't: Withdraw from social connections. Isolating yourself can intensify feelings of loneliness and despair. Reach out to others, even if it feels difficult.

AVOID YOUR EMOTIONS:

Don't: Suppress your emotions or try to numb the pain with substances. It's natural to feel a wide range of emotions after a crisis, and it's important to acknowledge and process them.

BLAME YOURSELF:

Don't: Blame yourself for the crisis or trauma. Often, these events are beyond your control, and self-blame can hinder the healing process.

RUSH THE HEALING PROCESS:

Don't: Rush you're healing. Give yourself the time and space to recover. Healing is a gradual process, and it's different for everyone.

NEGLECT PHYSICAL HEALTH:

Don't: Neglect your physical health. Eating nutritious meals, getting regular exercise, and ensuring you're well-rested are crucial for overall well-being.

AVOID SEEKING HELP:

Don't: Avoid seeking professional help due to stigma or fear. Mental health professionals are trained to help individuals navigate trauma and crisis effectively.

ENGAGE IN SELF-DESTRUCTIVE BEHAVIORS:

Don't: Engage in self-destructive behaviors, such as self-harm or substance abuse, to cope. These behaviors can worsen the situation and create additional problems.

Remember, coping with crisis, trauma, and adversity is a personal journey. It's essential to be patient and compassionate with yourself, and to seek the help you need. With time, support, and self-care, it's possible to heal and build resilience in the face of even the most challenging circumstances.

