

DEALING WITH TRAGEDY IN THE NEWS

High profile trauma can have wide-ranging effects on individuals. This information describes common reactions, and provides suggestions on how to take care of yourself, supporting a loved one or peer, and links to additional resources.

COMMON REACTIONS

Over the next couple of days or weeks, you may experience:

- Numbness or difficulty concentrating
- Moodiness or irritability
- Anxiety, worry, or panic
- Hyper-vigilance or jumpiness
- Fatigue or social withdrawal
- Feeling vulnerable or unsafe
- Disturbing images or memories
- Sadness or guilt
- Learn more about grief and loss under the student wellness resources on the website.

RESOURCES

For Students If you would like to talk to a counsellor, call Counselling Services at (780) 751-3222 or 1-866-652-3456 (toll-free). Phone, Skype or drop-in appointments may be available.

For Staff Life Works Employee Assistance Plan is available for wellness resources and counselling support. You can contact them at 1-877-207-8833 or visit LifeWorks.com for additional information. Please contact Human Resources for your user ID and password.

If you are experiencing distress, you can reach the following 24/7 help-lines from any College phone.

- Alberta Mental Health Help Line 1-877-303-2642
- First Nations and Inuit Hope for Wellness Hotline 1-855-242-3310
- Canada Suicide Prevention Service 1-833-456-4566
- 9-1-1

HOW TO TAKE CARE OF YOURSELF

- Own your reaction. Whether you knew a victim, or had no direct relationship to those involved, you have a right to your own response. It is normal that your reaction can be intensified if you are already dealing with grief, loss, life transition, or past trauma in your life.
- Talk to someone who feels safe to you about your thoughts and feelings.
- Invest in activities that build you up. Be good to yourself, spend time engaging in activities that promote positivity and calm in your life.
- Moderate your news. While some information can be helpful, recognizing when it has become too much for you to handle is important.
- Give yourself time to recover. Added stress can make it difficult to handle your normal workload and daily tasks. Be patient with yourself, and speak to your instructor about balancing your responsibilities.
- Hit pause. Do not make any big life decisions or commitments while you are dealing with trauma. Give yourself time, and focus instead on contributing to activities that restore balance and wellbeing into your life.
- Reach out for extra support if needed.

SUPPORTING A PEER OR LOVED ONE

- Understand that everyone has the right to react in their own way.
- Be patient if your peers, classmates, or colleagues seem a little 'off'.
- Promote calm and connection. Do not under-estimate the power of small acts of kindness; it is often the small things that show people they are valued and supported.
- Be compassionate with those who are affected. Highly publicized tragedies can trigger personal histories of loss, grief, or trauma.

If you are reading this and recognize that you are, or someone you know is, feeling the weight of this tragedy, reach out for support from a trusted friend, family member, spiritual leader, elder, or professional.