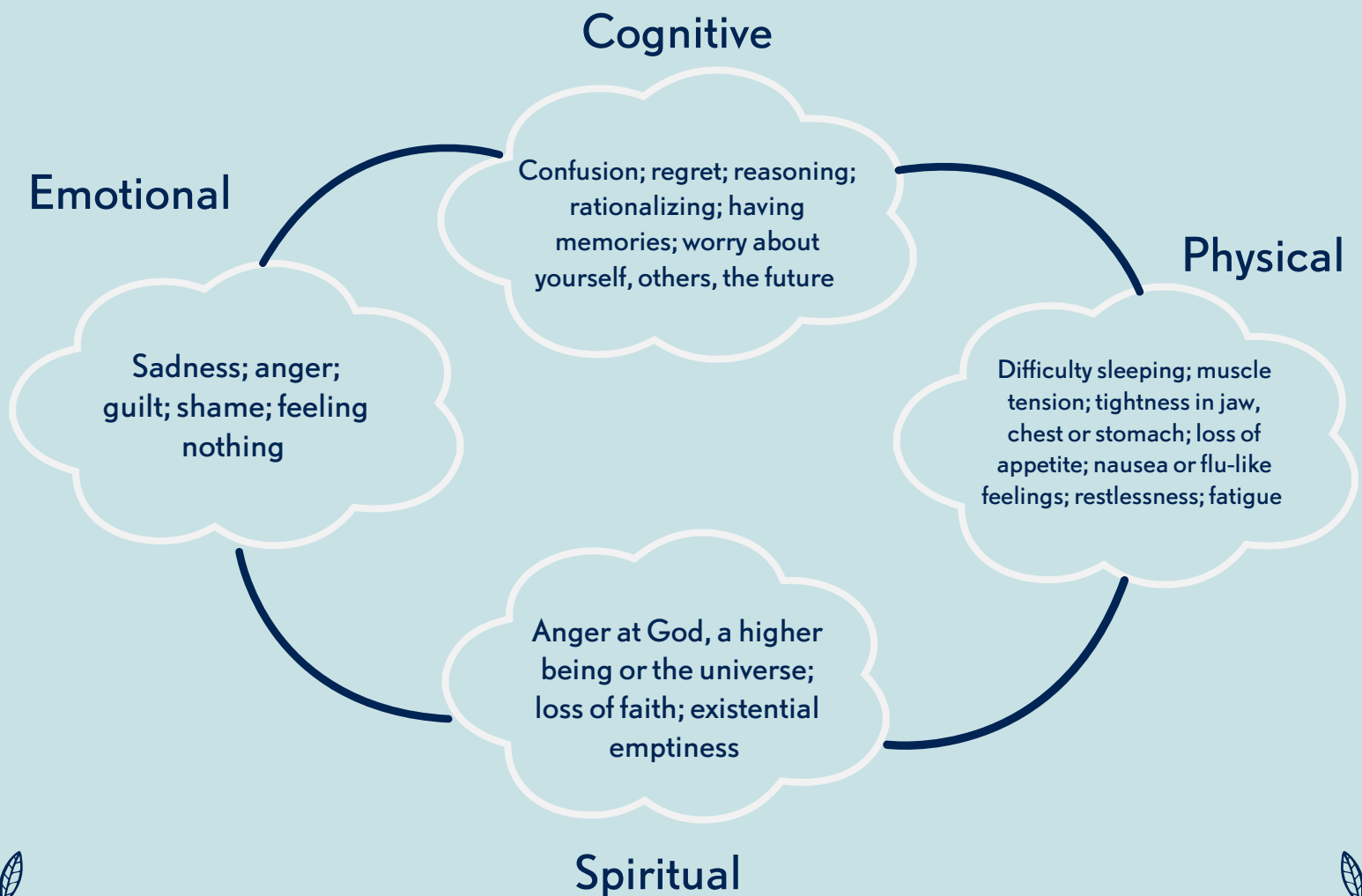


How to Cope During Difficult Times

Reactions to tragedy, loss, and trauma are as unique as each individual. There is no right or wrong way to respond to upsetting events. Here is a description of some common reactions you may experience during difficult times and suggestions for getting through them.



8 Helpful Practices

Sleep & Eat



Stick as closely as possible to a normal sleep routine (7-9 hours a night). If sleep eludes you, rest your body using stretching, yoga, warm showers, baths, and massage. Remember to drink water and eat.

Self Soothe



Engage all your senses: sight, hearing, taste, touch, and smell. For example, listen to music while making yourself a cup of chamomile tea. Or hug a stuffed animal, go for a walk in nature, or visit an art museum.

Support



Get support in the best way for you. Talk to friends and family or simply be physically near to them. If you need time to yourself, take it, being careful not to isolate.

Routines



As much as possible, stick to normal routines. Go to classes, do homework, go to jobs, internships, and manage other obligations.

Distractions



Stay occupied with schoolwork, hobbies, and pleasurable activities.

Spiritual Support



Pray, meditate, read or speak to a spiritual advisor if that fits your beliefs.

Avoid Substances



Substances intensify emotions and make them feel less manageable.

Seek Professional Help



If you are struggling more than you can manage, seek help.



Counseling and Wellness Center
counseling@mmm.edu or 212.774.0700
Drop-in Hours:
Monday-Friday (2pm-4pm)

