Mental health reminders for the NYU community in the wake of recent terrorist attacks and threats

As members of an engaged university community, we are all affected by acts of terrorism. Whether you have experienced terrorism first hand, through friends and family who have been present, or through media coverage, it is important to consider the impact that these events may have had on your emotional state or other trauma that these attacks may have brought up for you. Witnessing or learning about an act of terrorism can be overwhelming and unsettling. We encourage you to take a quick inventory of yourself.

WHAT CAN HELP?
Following a major stressor, it is advised that one put special emphasis on self-care including:

- Getting enough sleep
- Balanced diet/nutrition
- Moderate exercise
- Social support

Additionally, engaging in relaxation strategies such as deep breathing, yoga, meditation, or listening to soothing music can help increase an overall sense of calm and control. For guided relaxation and meditation, please visit the Relaxation Oasis at www.nyu.edu/shc/relaxation.

We strongly encourage you to continue to attend class, complete assignments, and study as you normally would to help decrease stress later in the semester. If this is challenging, reach out to your professors and academic advisors.

WHAT DOESN’T HELP?
Try to avoid unhelpful coping mechanisms such as: using alcohol and other drugs, working too much, withdrawing from friends or family, overeating or failing to eat, engaging in risky behaviors, or excessive TV/internet/video games.

HOW CAN I HELP OTHERS?
Many people are comforted, in times of stress, by supporting others, or by getting involved in work that helps rebuild communities —their own or other people’s —most affected. However, while you may feel better by taking action to help others, you may be upset unexpectedly by the experience. Please stay attuned to how volunteering to help impacts your emotional well-being.

WHEN DO I NEED EXTRA HELP?
If you are experiencing any of the following, we recommend that you seek support through Counseling & Wellness Services:

- Changes in eating: Significant increase or decrease in appetite
- Changes in sleep: Difficulty falling asleep, difficulty staying asleep, sleeping all the time
- Changes in mood: Feeling increasingly sad, anxious, worried, scared, hopeless, agitated, guilty, etc.
- Avoidance or withdrawal: Avoiding talking or thinking about the incident, avoiding things associated with the event (people, places, etc.), or experiencing a sense of withdrawal such as feeling numb, detached, or estranged from others
- Intrusive thoughts: Experiencing distressing thoughts or images related to recent events, feeling like it is happening again

To make an appointment with Counseling & Wellness Services, call the front desk at (212) 998-4780. You may also call the Wellness Exchange hotline at (212) 443-9999, 24/7/365, to speak to a trained counselor. For students abroad, visit the Wellness Exchange website for international toll free service phone numbers, and also consider a face to face meeting with the global counselor at your site.

Counseling & Wellness Services
726 Broadway, 4th Floor, Suite 471
Appointments: (212) 998-4780
www.nyu.edu/counseling | wellness.exchange@nyu.edu
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