



BROWN

Counseling and Psychological Services
(401) 863-3476

GRIEF

Anger is a common and valid grief response. It may show up as frustration, cynicism, or short tempers. Other common emotions - despair, shock, numbness, guilt, hopeless, helpless, fear, panic

REASSURANCE & SAFETY SEEKING

Remain open to answering questions and providing helpful information and support. Not knowing all the answers is OK.

RESPONSE TO MEMORIES

Replaying the event (mentally or by watching videos) or avoiding all reminders of the event are both understandable responses to a tragedy.

PHYSICAL CHANGES

Headaches, stomachaches, pains
Startled responses to sounds
Increased drug & alcohol use
Changes in habits and behavior with peers and family

COMMON RESPONSES TO A TRAGEDY



BEING ON THEIR PHONE MORE THAN USUAL

Staying digitally connected to peers and news can help them feel closer to the campus community, stay grounded, and regain agency/control.

CHANGES IN ROUTINE

Shifts in sleep and appetite; such as sleeping at odd hours, frequent nightmares, sudden loss of interest in favorite foods

DESIRE TO RETURN TO CAMPUS (OR NOT)

They may find comfort in the shared understanding of their peers or find the idea of returning overwhelming.

CHANGES IN THOUGHTS

Fears that another shooting may occur
Difficulty concentrating
Trouble making decisions
Lack of interest in usual activities
Radical changes in attitudes and expectations for the future