



# Common Responses to A Tragedy

## 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

## 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

## 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.

## 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.

## PHYSICAL CHANGES

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

## 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.

