

# WEEKLY WELLNESS & COUNSELING NEWSLETTER

URSINUS COLLEGE WELLNESS CENTER



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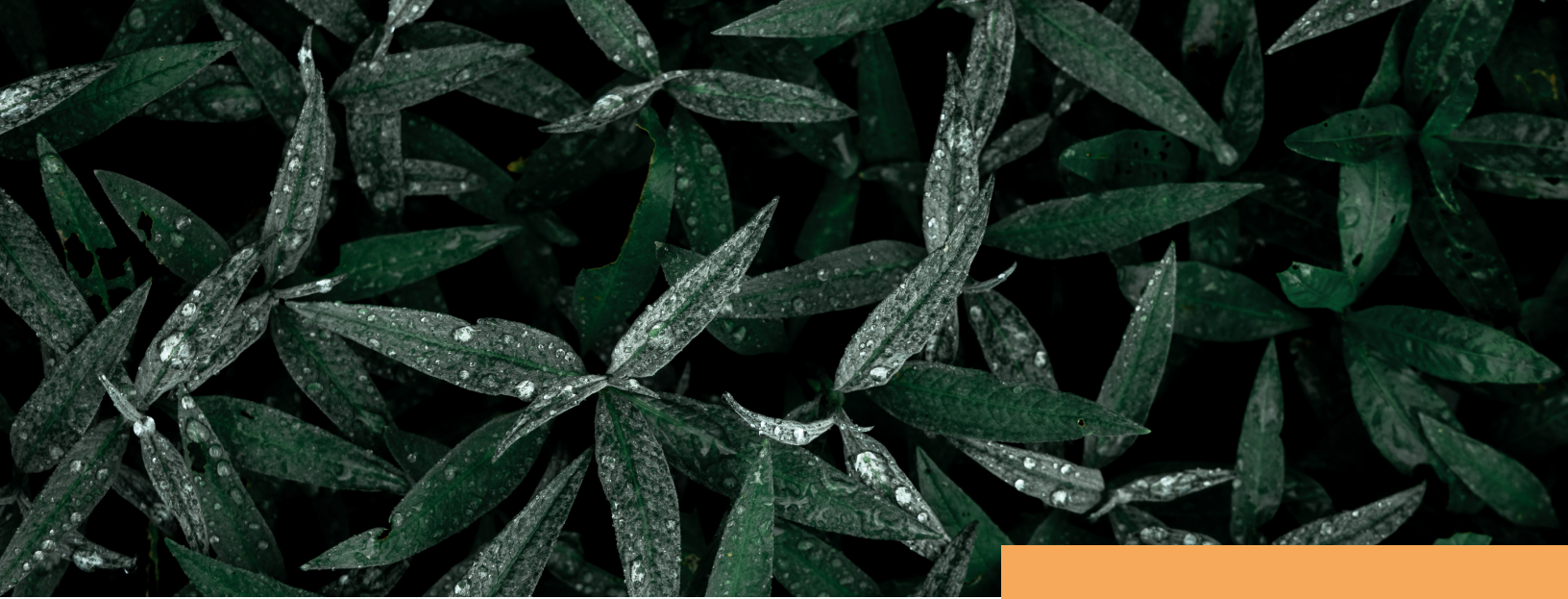
## GETTING IN TOUCH WITH WELLNESS

The Wellness Center will be open Monday through Friday from 9:00am to 5:00pm. Services will be available by appointment only. Walk-ins will not be accepted. Call 610 409 3100 or email [wellness@ursinus.edu](mailto:wellness@ursinus.edu) to make an appointment at the Wellness Center. When appropriate, telehealth appointments will be offered.

As of the Fall 2020 semester, the Wellness Center's front door will be locked during business hours to help control the flow of students and staff through the building. Upon your arrival, please ring the intercom to the right of the front door for assistance. Your temperature will be taken at the door when you arrive.

Private "Zoom Rooms" are available for tele-therapy appointments. Email for details.





## *EXPERIENCING AN UNEXPECTED LOSS*

Losing something or someone close to you suddenly, such as an unexpected death, reduced freedom, destruction of a home, may be traumatic. It is normal for people to experience emotional and physical aftershocks or stress reactions following a traumatic event. Sometimes these aftershocks appear immediately after the event. However, sometimes it takes a few hours, days or even weeks before stress reactions appear. An individual's response may include fear, helplessness or overwhelming sadness. The signs and symptoms of these reactions may last a few days, several weeks or months, or longer. The way an individual copes with crisis or loss depends on his or her own history and prior experiences.

Sometimes traumatic events or grief reactions are so painful that professional assistance may be necessary in order to cope with them. People filter traumatic experiences such as death, loss, or crisis through their own unique ways of thinking and feeling. Depending on one's "filter," some people may have less of a reaction while others may develop more severe symptoms.

There is no "normal" way to respond to this experience. Below we will share some common human responses in the hope of broadening what we consider as possible and okay.

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***"The way an individual copes with crisis or loss depends on his or her own history and prior experiences."***







## EMOTIONAL & PHYSICAL REACTIONS

- Intense emotion and reactivity
- Difficulty relaxing or falling asleep
- Numbness or Depression
- Triggering events and people (associated with the trauma)
- Aches and pains such as headaches, backaches, etc.
- Weakness, dizziness and fatigue much of the time.
- Heart palpitations, profuse sweating and chills.
- Sleeping too much, or more than usual
- Changes in appetite and digestive problems
- Being easily startled by noises and/or unexpected touch
- Increased susceptibility to allergies, colds, and illnesses
- Increased alcohol consumption and/or substance use



## COPING FOR YOURSELF & HELPING OTHERS TO COPE

- Recognize your own feelings and be accepting of them as normal
- Talk about the experience. Talk is healing.
- Reach out to friends and family for support
- Set small realistic goals to help tackle obstacles
- Take one day at a time and be kind to yourself
- Structure your time. Schedule breaks for yourself. Give yourself time to heal
- Listen and empathize without judgment
- Ask for help in supporting someone from family, friends, and campus community
- Respect a friend's need for privacy. Give each other space
- Validate each other. Show appreciation and offer praise.
- After some time has elapsed, focus and talk about how each person has changed or grown as a result of the experience



## WHEN TO SEEK SUPPORT

- It will be natural for your concentration to suffer for few weeks, and you may feel as if you are just going through the motions. You also may feel the need to take a day or two off from work and school. However, if you find yourself unable to function in a significant life activity, such as school or work, for more than a couple of days, counseling should be considered.
- It is normal to be reminded of other significant losses you have experienced earlier in life. If these past losses bring up overwhelming feelings, counseling can be helpful.
- Some disruption in appetite and sleeping can be a normal part of grieving. However, severe and/or sustained changes in sleep and appetite can signify a need for counseling.
- While thinking about mortality can be normal after the death of a peer, suicidal thoughts should be taken seriously and require professional support.
- Excessive use of alcohol and/or other drugs suggests a need for professional support.

The Wellness Center mourns alongside the campus community at the loss of our fellow Bear, Aidan. Be kind and patient with yourself during this difficult time.

[CLICK HERE FOR MORE INFORMATION REGARDING THE TRIBUTE TO AIDAN INTESO '24](#)