Coping With Traumatic Events
Maintaining Through Significant Change

1. Establish a routine schedule ASAP!

2. Begin or continue a routine exercise plan.


4. Meet regularly with friends for fun and fellowship.

5. Jump start or maintain your quiet time. Walk while praying.

6. Don't be surprised by quick or roller coaster emotional reactions such as fright, easily startled, quiet, sad, and happy.

7. Stay in touch with those who are supportive and encouraging – Pastor, family, faculty, etc.

8. Use the resources available at Union.

9. Don’t be afraid to insert yourself into someone else’s life if you have concern. Keep the “SEA3” model in mind:

   a. Speech
   b. Emotion
   c. Appearance
   d. Alertness
   e. Activity