



SUPPORT FOR STUDENTS EXPERIENCING IMPACTFUL EVENTS

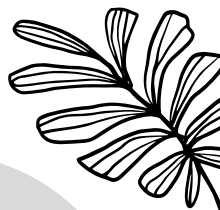
What is a impactful event?

Any event that causes psychological harm

Examples

- a serious accident
- being the victim of violence
- a natural disaster or war
- a sudden unexpected loss

Possible Reactions (PACE)



It is normal to feel a whole range of emotions when an impactful event has affected you or your community, and everyone has different needs for support. There are things you can do to care for yourself, and support your friends, family, and community. Intense feelings usually subside over time. If symptoms persist, cause excessive distress, or increase over time, and you need to reach out to a professional - we are here to help.

You may experience **Physical**, **Action (behavioural)**, **Cognitive** and **Emotional** reactions:

Physical	aches, tired, muscle tension, heart racing, nausea, breathless, poor sleep, aches, sweating, trembling, deterioration in personal hygiene, low or high energy
Action	procrastination, diet change, irritable behavior, change in routines/activities, missed classes, missed deadlines, isolation, focus on social media
Cognitive	trouble concentrating, self-criticism, thoughts of harm to self/others, invading thoughts, disorganized thinking, re-experiencing and preoccupation with impactful events
Emotional	fear, grief, shame, irritability, anger, shock, anxiety, crying, depression, frustration, mood changes, denial, disbelief, hopeless, sometimes disconnecting from feelings (not feeling anything at all)




COPING STRATEGIES

These strategies are based on psychological first aid theory to help you cope with your symptoms and ground yourself to build resilience and to keep up strength so you can focus on immediate tasks. These strategies won't fix or heal the distress, but they can help.

General Coping Strategies

Physical

- Find ways to stay active - exercise (exercise burst - jumping jacks) walk, move rhythmically (rock, bounce).
 - Gentle stretching, push palms of hands against each other, the wall, or an object, tense and relax muscles.
 - Nurture yourself. Eat balanced meals. Get daily rest.
 - Try a sleep routine. At least 30 mins before you try to fall asleep, put down your phone and wind down (play some relaxing music, do some gentle stretching, progressive muscle relaxation).
 - Be aware of and avoid urges to numb your emotions with drugs or alcohol. If you are taking prescription medication continue to follow the usual instructions. Contact your doctor if you feel a change is needed.
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General Coping Strategies

Action

- As much as you can, continue your usual routines to give your day and your time some structure.
- Set small realistic goals and take one day at a time.
- Control what you watch and for how long. Limit the amount of time you are watching the news and social media. If possible read news articles as opposed to watching videos.

Cognitive

- Stay in the present - look around and name colors you see, sounds you hear, what you smell, what you can touch/feel.
- Journal thoughts.
- Nurturing self-talk and affirmations, and thought stop for unwanted thoughts.

Emotional

- Give yourself time you need to identify, accept, and express your emotions.
- Talking about the experience can be healing. Find someone you trust and feel safe with.
- Focus on your feet connecting with the earth, place hands on heart or belly, hug yourself, breathe slowly through your nostrils and into your belly, hum with a low pitch and sense the vibration.





COPING IN THE CLASSROOM

If you are being asked to be the spokesperson for your identity or to explain the impactful event, respond AS MUCH or AS LITTLE as you choose.

Set your own boundaries about how much you choose to engage on the topic.

You might find topics in class trigger thoughts or memories, or you might find you are unable to pay attention.

Here are some ideas on how to stay focused and present that are not obvious to anyone watching.



REGULATING DISTRESS IN THE BODY WHEN IN THE CLASSROOM

Breathing

Breathing turns off the stress response

- **Inhale-Longer exhale-Repeat**
- **Breathe into the toes and lengthen spine**

Muscle Relaxation

Quick progressive muscle relaxation helps relax the body

- **Select a muscle group, breathe in and tense muscle for 5 secs then breathe out and release muscle**



REGULATING DISTRESS IN THE MIND WHEN IN THE CLASSROOM

Thought Stopping



Thought stopping is a cognitive strategy to control unwanted persistent thoughts

"Stop thinking of what I can't control and breathe it away right now"

"Breathe in, collect my thoughts. Breathe out, let go of thoughts"

Mindfulness



Mindfulness refers to being present and not ruminating about past, present, or future

"I am in my classroom right now, I can see the board, and feel my chair."

Affirmation



Affirmation refers to cognitive focus

"I give myself permission to focus on the class for this moment."



SELF-DIRECTED RESOURCES FOR STUDENTS

Therapy Assistance Online (TAO)

Learn about managing stress, anxiety, anger, problem solving, and relationships. Sign up for a free, secure and private account with your UBC email. <https://ca.taoconnect.org/register>

MindHealthBC

Take an online assessment and find resources to support your mental health. <http://www.mindhealthbc.ca/>



COMMUNITY RESOURCES FOR STUDENTS

Indigenous Communities

Hope for Wellness Help Line

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Phone and chat counselling is available in English, French, and Cree, Ojibway and Inuktitut on request. 1-855-242-3310

Métis Crisis Line

The toll-free number is available for immediate crisis intervention, but also a variety of other issues like relationship troubles, depression and anxiety, financial issues, and bullying and peer pressure support. 1-833-MÉTISBC

FNHA First Nations Health Benefits Mental Health Services

Counselling services from qualified mental health providers for individuals experiencing a difficult situation to resolve their emotional distress and enjoy greater wellness. Coverage for counselling includes: Mental Wellness and Counselling (MW&C); The Indian Residential School Resolution Health Support Program (IRS RHSP); and The Missing and Murdered Indigenous Women and Girls Health Support Services (MMIWG HSS). 1-855-550-5454.
<https://www.fnha.ca/benefits/mental-health>

BC Association of Aboriginal Friendship Centres

Friendship Centres are community hubs. They offer culturally safe programs and services, and provide a welcoming space for all members of the community to share knowledge and connect with others. 250-388-5522.
<https://bcaafc.com/>



COMMUNITY RESOURCES FOR STUDENTS

IBPOC Communities

Affiliation of Multicultural Societies & Service Agencies of BC

Collaborative leadership, knowledge exchange and stakeholder engagement to support agencies that serve immigrants and build culturally inclusive communities. 1-888-355-5560. <https://www.amssa.org/>

Black Lives Matter Vancouver

Community Resources Working against police brutality and anti-blackness and uplifting black voices.
<https://blacklivesmattervancouver.com/resources-2/#resources>

Healing in Colour

A directory of BIPOC therapists committed to supporting BIPOC in all our intersections. <https://www.healingincolour.com/>

LGBT2Q+ Communities

QMUNITY

Queer, trans, and Two-Spirit folks coming together to meet, guide, support each other and create community. (604) 684-5307 ext. 100.
<https://qmunity.ca/>

Trans Care BC

Gender affirming care and transgender health services. 1-866-999-1514.
<http://www.phsa.ca/transcarebc>

Mental Health Program at the Health Initiative for Men (HIM)

Check out some of the ways that gay guys are taking time for their minds - resources, coaching and counselling. <http://checkhimout.ca/mind/>



PROFESSIONAL RESOURCES FOR STUDENTS

Here2Talk

Provides 24/7 access for single session counselling for students by phone/chat. 1.877.857.3397 (Canada) 1.604.642.5212 (international)

UBC Counselling Services

If you're in BC, phone 604.822.3811 to schedule a virtual or in-person appointment, offered Mondays to Fridays. First-time appointments are booked for the same day and arranged on a first-come, first-served basis.

<https://students.ubc.ca/health/counselling-services>

Extended Health Insurance

If you are a UBC student registered in classes, you are automatically enrolled in the AMS/GSS Health and Dental Plan. Extended health insurance provides 80% coverage for counselling. See website for most up-to-date information .

<https://www.ams.ubc.ca/support-services/health-dental/>



UBC WELLNESS CENTRE

Made in collaboration with UBC Counselling Services.

If you have any questions or would like more information on health and wellbeing resources, please reach out to the Wellness Centre.*

Location: Life Building
(1400 - 6138 Student Union Building)

Email: wellness.centre@ubc.ca

Phone: (604) 822-8450

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*Please note: the Wellness Centre does not offer crisis support or medical advice

