

The recent presidential actions and statements have created fear and turmoil for some of our students. To our students and their families who may be in the process of immigration, affected by their residency/visa status or may be undocumented, we stand in solidarity with you. We know that these governmental actions take a toll on your minds and bodies and we ask that you consider using our services to get extra support. We know that such cultural trauma can be emotionally devastating and makes your academic journey all the more difficult. Please know that we will do what we can to help you to be successful here at Marquette.

If you are feeling in emotional turmoil about recent political events, please consider coming to talk to a counselor. All counselors are trained in multi-cultural counseling and are eager to support you. Appointments can be made by calling 414-288-7172 or by walking into the Counseling Center, Holthusen Hall, 1324 W. Wisconsin Ave, Second floor. There is also an on-call counselor available for emergencies every day from 8 am to 4 pm.

We are dedicated and here to help you get through this difficult time.

## **Tips for Coping: Stress and Anxiety**

- Acknowledge your feelings and recognizing what is going on (anxiety, stress, fear, confusion, uncertainty are all valid feelings).
  - Focus on tasks or events that are in your control and recognize those events that are outside of your control.
  - Connect with friends, family, a community, student organizations or a safe space to ground and support you.
  - Focus on the present and shift away from the future focus, which is out of your control.
  - Take care of basic needs such as eating, sleeping, drinking water, and make time for enjoyment.
  - Incorporate activities that recharge you and relax you every day
- If you have experienced a bias or identity-based violence submit a report at <http://www.marquette.edu/saffairs/bias-incidents/index.shtml>
- Practice deep breathing, yoga, or mindfulness exercises to help with relaxation and stress management
  - Utilize self-care apps such as Breathe2Relax (iPhone, Android); Mindshift (iphone, Android); Stop, Breathe, Think (iPhone, Android); Headspace (iPhone, Android); Virtual Hope Box (iPhone, Android)

## **Some signs that an individual may need help include:**

- Worrying a lot or feeling very anxious, sad, or fearful
- Crying often
- Having trouble thinking clearly
- Having frightening thoughts, reliving the experience
- Feeling angry
- Having nightmares or difficulty sleeping
- Avoiding places or people that bring back disturbing memories and responses.

## **Physical responses may also mean that an individual needs help. Physical symptoms of anxiety, stress or depression may include:**

- Headaches
- Stomach pain and digestive issues
- Feeling tired
- Racing heart and sweating
- Being very jumpy and easily startled

## **Resources for Students:**

Center for Intercultural Engagement: <http://www.marquette.edu/intercultural/>

Counseling Center: <http://mu.edu/counseling/>; for appointments call 414-288-7172

Office of International Education: <http://www.marquette.edu/oie/>

For undocumented students: <http://www.marquette.edu/diversity/undocumented-student-resource.php>