

Coping With Traumatic Events Maintaining Through Significant Change

1. **Establish a routine schedule ASAP!**
2. **Begin or continue a routine exercise plan.**
3. **Journal.**
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**