

We Stand With All Students

The University Counseling Center stands with all members of the Notre Dame community who are/have been impacted by recent and ongoing political events. All of our students are a valuable and integral part of our ND community and we want every student to feel safe, secure, and welcome here.

Given the recent immigration restrictions, and concerns around future restrictions, it is not uncommon for students, particularly International Students, to be feeling a range of complex feelings, including fear, uncertainty, anger, and sadness that make it difficult to focus on everyday life demands. UCC is here to help. We offer a range of free and confidential services including individual counseling, urgent walk-in hours, and Let's Talk (for more information see tabs to the left of page).

We would also like to offer some general suggestions for coping during this time:

- Acknowledge your feelings and emotional needs.
- Take care of basic needs such as eating, sleeping, drinking water, playing, and laughing. Remember, we have to take care of ourselves first so we can then better take care of our community.
- Check your emotional state before you engage in conversations. Opt out of unproductive conversations. Pay attention to whether the discussion is going to benefit anyone or just increase stress levels.
- Focus on tasks and 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 moment and attempt to minimize over-thinking about the future.
- Incorporate activities that recharge you and relax you every day.
- Monitor your media use—check your reactions before and after taking in the information; set time limits.
- Volunteer for an organization that supports your values and interests on or off campus.
- Utilize self-care apps such as Breathe2Relax; Mindshift; Stop, Breath, and Think; Headspace; Virtual Hope Box.

Other information:

<http://onbeing.org/blog/election-stress-and-what-to-do-about-it/>

<http://international.nd.edu/issa/executive-orders-and-impact/>

<http://equity.nd.edu/where-to-turn-for-help/>

<https://socialconcerns.nd.edu/>