Coping with the Isla Vista Tragedy:
Tips for dealing with trauma and loss

Recent tragic events have left UCSB students feeling many emotions. You may be wondering or looking for ideas on how to cope.

The following tips are intended to help you deal with any reaction you may be having:

1. **Know that everyone has a unique reaction.** Here are some common feelings people have after traumatic events:
   - Confusion
   - Replying events over again
   - Fear
   - Guilt
   - Feeling listless
   - Helplessness
   - Shock
   - Disbelief
   - Shame
   - Difficulty concentrating
   - Difficulty sleeping
   - Anger
   - Not interested in doing things

2. These feelings and reactions may come at different times and perhaps in waves. Some may have an immediate reaction of shock/disbelief. Others may have to distract themselves and go about life as normal to feel better.

3. Give yourself time to adjust. While strong emotional reactions to tragic events are normal, most will fade over time.

For more tips and information, visit the American Psychological Association’s website: www.apa.org/helpcenter/mass-shooting.aspx

If you feel you need further help, contact Counseling & Psychological Services (CAPS) 24/7 by calling 805-893-4411.