

Supports for Students Navigating Recent Violence in Israel-Palestine

We have watched with deep sadness and concern the unfolding violence in Israel and Gaza. Our hearts go out to everyone in harm's way and all who have been affected. The attacks and subsequent large-scale violence have been devastating and there are reports of hundreds of fatalities, including both Israelis and Palestinians. Our hope in this statement is to acknowledge the potential impact on our community members who hold connected identities; however, we also want to avoid inflicting harm by posting a statement with language that is unattuned to the layered and intersecting impact. We are also aware that some members of our community are facing crises as their families grapple with conflicts and disasters in different parts of the world, including the Armenia-Azerbaijan conflict and the devastating earthquake that occurred recently in Afghanistan.

In times of global uncertainty and conflict, it's natural to feel overwhelmed and anxious, especially if you have loved ones in the affected regions. Unique challenges arise when international conflicts touch our lives. We want you to know that you're not alone, and we're here to provide support during these difficult times.

We are dedicated to creating a safe and confidential space where students can freely express their thoughts, feelings, and concerns. We recognize that these events can have a profound impact on your mental and emotional well-being, and we're committed to helping you navigate this emotionally charged situation.

We also encourage you to take proactive steps to protect your wellbeing. Please consider:

- * **Community Care & Peer Support:** Connect with friends or peers who may share your concerns. Sharing your thoughts and feelings with others can provide support and a sense of belonging during challenging times. Caring for each other in community is one of the most important things we can do. And remember, seeking support from others is a sign of strength, and there's no need to face these difficult times alone.

- * **Information Seeking:** Stay informed but be mindful of media consumption. Seek reliable sources and educate yourself to gain a better understanding of the situation. Knowledge can help alleviate anxiety. There are times when you may find it helpful though to pause media consumption in favor of connecting more directly with people in community or taking a few moments to unplug. We recognize that this may look different for different people as there are some who consume media as a critical way to connect with family, friends, and wider community.

- * **Coping Strategies:** Explore and implement coping strategies that work for you. This might include mindfulness meditation, physical activity, or keeping a daily routine to provide structure and stability. Coping strategies can help focus on achievable goals for yourself, both academically and personally and can help you maintain a sense of purpose and motivation, even amidst uncertainty.

- * **Self-Care and Emotional Expression:** Take time for self-care practices. There is no one way to engage in self-care. It may include movement, spending time outside, journaling, deep breathing exercises, creative outlets like art and music, or engaging with a spiritual/faith tradition. Allow yourself space to express your emotions and acknowledge your feelings.

Remember, your well-being matters. Whether you're directly affected by the violence or feeling overwhelmed by the injustice, the Counseling Center is here to support you. Please also consider seeking support from International Student Services and Campus Ministry.