

## Advocacy for Peace of Mind - National Taiwan Ocean University Cares About You

Dear Students and Faculty of National Taiwan Ocean University:

When we face the loss of life, it's not uncommon to feel emotionally turbulent...

You may be experiencing different physical and mental states than usual during this time:

- **Startled Reaction:** Images appear in your mind from time to time, lingering scents or sounds, recurring nightmares, intense emotional or behavioral reactions, and evoked memories.
- **Avoidance or Numbness:** Avoidance of relevant thoughts or feelings, the inability to remember important occasions, not wanting to participate in activities, detachment from others, feelings of being in a trance and not feeling real.
- **Neurosensitivity:** Difficulty sleeping or falling asleep, irritability, agitation, inability to concentrate, hyper-vigilance, tendency to overreact.

This is the time when you need to take extra better care of yourself. You may wish to try the following:

- **Breathing Space:** Find a place where you can feel at ease, try to take some deep breaths, and relieve yourself from feeling the tension.
- **Divert Your Attention:** Do something you enjoy and give yourself a short break from these strong emotions.
- **Find someone to talk to:** Find a trusting person to talk about your state of mind during this period, and try to talk about what you're feeling in order to alleviate your anxiety and worries.
- **Moderately Scan Over Information:** Excessive browsing of relevant information may cause too many negative feelings, so try to put down your phone, stop reading for a while and give yourself have a breather.
- **Take Control of the Rhythm in Your Life:** Try to maintain your original routine and regain control of the rhythm of your life so you have more energy to face what's ahead of you.

Most people are able to return to their original routine after some period of time, but a few people may experience disruptions to their work, school, and social life... If you find that you or others around you are still unable to alleviate intense emotions, are reminded of painful memories from the past, feelings of regret, self-blame, guilt, or are prone to falling into negative thinking, it's time to visit the counseling group to talk to a psychotherapist or to seek help from off-campus resources:

- **24-hour school safety hotline:** 02-24629976
- **Counseling and Advisory Group:** Call: 0224622192 ext. 1195, email: sq@ntou.edu.tw, Or come and see us directly at the Division of Counseling Services (Room 318, Marine Science Building)
- **Off-Campus Resources:** Mr. Zhang (Direct dial 1980), Lifeline (direct dial 1995), toll-free Peace of Mind Hotline (Direct dial 0800-788-995)

Division of Counseling Services  
Office of Student Affairs  
National Taiwan Ocean University