

As we all struggle with the recent terrorist events and the tragic loss of life, it may be helpful to

important to provide a context for community members—whether they are students, staff, or faculty—to talk about the events as they are ready.

Some of us are less comfortable with strong emotions or with feeling of powerlessness. There is sometimes a desire to avoid the emotional content by engaging in intellectual discussions about the events and their implications. This is a reasonable coping strategy. Remember, people deal with situations differently and at a different pace and not all people can or want to deal with the situation in this manner.

Traumatic events can be particularly difficult for those who have experienced other tragedies. It may bring back thoughts and feeling that they thought were resolved. This is a normal function of our emotional and memory systems. It may be valuable to speak with others who shared the previous experience, and to draw support from those around us.

