



Understanding Your Mental Health in Times of War and Terrorism

Facing a new war and the continuing terrorist threat, Americans are experiencing many powerful emotions. For most people, the intense feelings of anxiety, sadness, grief and anger are healthy and appropriate. But some people may have a more profound and debilitating reaction to the war. It is important to remember that everyone reacts differently to trauma and each person has his or her own tolerance level for difficult feelings. Knowing what is a normal response to an abnormal situation, and what signs might indicate you have a more serious problem, will help you determine if and when to seek help from a mental health professional.

The staff at the Counseling and Career Development Center (681-5541) is available to help the Georgia Southern community cope with the effects of war and terrorism. Counseling staff can provide consultation, counseling, programming, or other assistance as needed. Please visit their web site for more information www.gasou.edu/counseling.

Common Responses

It is common to have difficulty managing your feelings during times of war, threat of terrorism or traumatic events. Many people will experience such symptoms as:

- Disbelief and shock
- Fear and anxiety about the future
- Disorientation; difficulty making decisions or concentrating
- Inability to focus
- Apathy or emotional numbing
- Irritability and anger
- Sadness and depression
- Feeling powerless
- Extreme changes in eating patterns; loss of appetite or overeating
- Crying for “no apparent reason”
- Headaches and stomach problems
- Difficulty sleeping
- Excessive use of alcohol and drugs

Signs to Seek Help

When feelings do not go away or are so intense that they impair your ability to function in daily life, you may need to seek professional assistance. There are signs that can help you determine whether you are having a normal reaction to our nation’s crisis or if you’re experiencing a mental health problem. These signs include:

- Nightmares and reoccurring thoughts about war or a traumatic event
- Avoiding thoughts, feelings or conversations that remind you of a traumatic event
- Having a sense of a foreshortened future
- Feeling jumpy or easily startled
- Feeling guilty, worthless or hopeless
- Having thoughts of death or suicide
- Being unable to stop thinking about the war or a traumatic event
- Avoiding places or people that remind you of a traumatic event
- Continued difficulty falling asleep or staying asleep
- Being overly concerned about safety
- Not taking pleasure in activities once enjoyed

Tips for Coping

- *Talk about it.* By talking with others, you can relieve stress and realize that others share your feelings.
- *Take care of yourself.* Get plenty of rest and exercise, avoid excessive drinking and eat properly. Avoid foods that are high in calories and fat.
- *Limit exposure to images of the war.* Especially avoid television news programs.
- *Do something positive.* Give blood, prepare “care packages” for people in the military, write letters to service men and women. Whether you support or oppose the war, write letters to elected officials, take part in community meetings, etc.
- *Ask for help.* Asking for help is not a sign of weakness. Talk with a counselor, a trusted relative, friend or spiritual advisor.

Support groups for faculty, staff and students who have family and friends involved in the war are now forming. They meet Tuesdays, 4-5 p.m. and Monday evening, TBA. If interested, contact the Counseling Center.

*Counseling and Career Development Center
Forest Drive • 681-5541
<http://www.gasou.edu/counseling>*

Source: The National Mental Health Association, www.nmha.org

Spotlight on . . . Mr. Bill Neville

Mr. Neville is the coordinator of student media. His job consists of many different roles and responsibilities, including providing full-time professional support to the four student media units (*The George-Anne*, *Southern Reflector*, *Miscellany Magazine of the Arts* and WVGs/FM 91.9). He also provides training, educational support, planning, evaluation and career encouragement for the students who are involved in the media activities at Georgia Southern. Mr. Neville is on the Student Media Advisory Board as well as many other media-related organizations.

Mr. Neville received his bachelor's and master's degrees from Georgia Southern. He also served as a professional journalist for 15 years. Mr. Neville has been involved with Georgia Southern for over 25 years—seven years as an undergraduate and graduate student, two years as an adjunct instructor of journalism, and he is now in his 16th year on the professional staff. As a student, he edited the *George-Anne* in 1969 and 1971 and was the student president of the Georgia College Press Association in 1972. Mr. Neville spends his free time listening to music, building furniture, playing with his grandson, and of course, reading newspapers and magazines. His advice for students is simply, "Do Right."

Out and About Campus

Monday, March 31

Irish Pub Nights featuring Tom O'Carroll, 7 & 9 p.m.,
Archibald's

Tuesday, April 1

Irish Pub Nights featuring Tom O'Carroll, 7 & 9 p.m.,
Archibald's

Senior Composition Recital, 8 p.m., Carter Recital Hall

Wednesday, April 2

Honor's Day, 8:30 a.m., Performing Arts Center

Annual Endowed Honors Recital, 8 p.m., Carter Recital Hall

Thursday, April 3

Studio Honors Recital, 8 p.m., Carter Recital Hall

Friday, April 4

International Fashion and Talent Show, 7 p.m., Union
Ballroom, \$3

Saturday, April 5

Youth Arts Festival, 10 a.m., Sweetheart Circle

Colonial Kids Fair, 10 a.m., Sweetheart Circle

Astronomy and Space Day, 10 a.m., Sweetheart Circle

Star Party, 7:30 p.m., Planetarium

"Puddingstone," 8 p.m., Performing Arts Center, \$8

Senior Recital, 8 p.m., Carter Recital Hall

Sunday, April 6

Graduation Recital, 3 p.m., Carter Recital Hall

International Fashion & Talent Show

The International Fashion and Talent Show will take place in the Union Ballroom at 7 p.m. on Friday, April 4th. Organizers are currently looking for new talent to dance, sing, play an instrument, or recite poetry. The awards will be given to the top three acts as follows: 1st place, \$125.00; 2nd place, \$75.00; 3rd place, \$50.00.

If you are interested in participating please contact:
wilmawaura@hotmail.com or pinderothyneil@hotmail.com.

Study Bucks Prizes!

Congrats to our winners:

Renard Montford (Johnson), who won a \$75 gift certificate to the University Store (and who also won earlier this year!), and Brian Hutsabout (Hendricks), who won a pair of walkie talkies. Come by the Central Housing Office to collect your prize (bring ID).

What's new at CRI

Bouldering is now available on the RAC's climbing wall during all hours with the exception of rock climbing hours. Softball and Ultimate Frisbee equipment is now available.

Tuesdays & Thursdays

Aqua Aerobics: Hanner Pool, 7 - 7:45 p.m.

Stride & Stroll Fitness Walking: RAC's outside track, 6:30-7:30 p.m.

Wednesdays

Yoga class: Fitness Extension, 5:30-6:30 p.m.

Career Corner

This week's featured major . . . chemistry. There is more to a chemistry degree than just becoming a chemist. Many different employment opportunities exist. Approximately 102,000 chemists currently work in the U.S. The majority of these chemists are employed in manufacturing firms—mostly in the chemical manufacturing industry, which includes the production of plastics and synthetic materials, drugs, soaps and cleansers, paints, industrial organic chemicals, and other miscellaneous chemical products. Possible occupational opportunities include, but are not limited to, chemical technician, forensic chemist, pharmaceutical sales representative, soil scientist, and toxicologist. For more information about careers in chemistry, please contact Career Services at 681-5197.