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**FEUP**  
**Healthy Minds**

*You deserve it*



## Contacts

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**Psychological support by appointment:**

Mondays to Fridays, from 9:30 to 15:30

**ORIENTATION AND INTEGRATION OFFICE**

**FEUP** FACULDADE DE ENGENHARIA  
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## What to do when bad things happen



Experiencing a **potentially traumatic situation** - such as natural disasters, accidents, fires, etc - can trigger very intense physical and emotional reactions that are difficult to manage and can last over time.

## Faced with a potentially traumatic situation, you may feel...

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- **Great Anxiety or Activation** (tension, increased heart rate, sweating, excessive worry about the future)
- **Worry or guilt about your own reactions**
- **Feeling overwhelmed** (by the tasks to be done after the event)
- **Fear that the situation will repeat itself** (and reactions to things that remind you of the event)
- **Changes in attitude and perspectives** (towards others and yourself)

- **Changes in interpersonal relationships** (becoming overly protective of others or withdrawing from family and friends).
- **Substance abuse and risk-taking behavior**
- **Excessive anger** (sometimes acting out)
- **Sleep problems**

Being prepared to face a situation like this, recognizing your own body's responses and knowing what strategies to adopt, can be fundamental to better managing the situation and avoiding worsening your own physical and psychological condition.

## Strategies to take

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**Take some time during the day to practice relaxation or breathing control exercises.** It can help you rest better and restore energy.

**Set priority tasks.** Take one step at a time and seek help from services/institutions or people you know, whenever necessary.

**Talk about how you feel with someone you trust.** Remember that your reactions are natural and take time to disappear. If they persist for one or more months, consider seeking professional help.

**Identify and manage stimuli associated with the event that may trigger negative reactions in you.** Try to understand that it's natural to feel this way, but that the event has passed. For example, limit your access to news about the event.

**Try to resume your routine and postpone any life changes in the immediate future.** It's important to regain some sense of control.

**Turn to family and friends.** Remember that they can be good sources of support when you're under stress and that sharing your feelings helps you recover from the situation together.

**Adopt healthy habits.** Try to maintain good sleep routines, exercise and do activities that help you release tension and stay relaxed.