



Unity, Healing, and Perspective Taking



It has been a devastating time across our nation, as many of us respond with grief, anxiety, anger, fear, uncertainty, and hopelessness to the senseless acts of violence that have taken place.

Now we must come together and stand united. While it is not always easy to stand united, especially during this time of such uncertainty, strong political opinions, and tragic violence, it CAN be accomplished.

Demonstrating care, love, support, social connection, and having a sense of belonging are the elements for healing when coping with pain and grief. Now is a time for us to not only contemplate our feelings, but also to seek out healing for ourselves and others.



Showing care and support means taking time to be compassionate and understand each person's unique needs.

This can be done through skills of empathic listening, perspective taking, and open and honest communication.

It is not realistic to expect that we would all have the same viewpoints but we all can work towards better understanding each other's perspectives and support those who seek to advocate for change across our community so that everyone can feel safe, included, and respected.

If you would like to talk to someone for support or to sort out your feelings...

We are here for you!

**The Center for Student Wellness and
Counseling Services**

Please contact us at 330-325-6757 or email us at
counseling@neomed.edu.

Therapy Assistance Online (TAO)

"My Pathways" Tab

Interpersonal Relationships and Communication

- **Module: Communication Strategies**
- **Module: Communication Styles**

Calming Your Worry

- **Module: Relaxation and Anxiety Reduction**

"My TAO Tools" Mindfulness Library Tab

Self-Care Mindfulness Activities

- **Series of Mindfulness Exercises**
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Crisis Resource Information:

National Suicide Hotline 800.273.8255
Crisis Text Line 741-741
Coleman Professional Services 330.296.3555