

Dear Student,

First, we want you to know that you are not alone; we are here for you if you want to talk, vent, or express your frustration, anger, sadness, and fear over the recent shooting of Daunte Wright. We also know that there is a lot of stress and concern around the outcome of the Derek Chauvin trial, and how this outcome will impact our families, friends, and neighbors.

SMSU is hosting an information panel that you can attend to learn how we are supporting our students. Please look for more information to come.

What: An evening conversation about the Derek Chauvin trial.

- The panel's purpose would be to lead discussions designed to help the campus and the community prepare for the result of the trial of Derek Chauvin and the other three former officers accused of killing of Mr. George Floyd.
- The panel will focus on support for students and employees who are facing personal challenges associated with reliving the killing of Mr. Floyd because of the trial. The kinds of supports are we offering and how students and employees access them?
- In addition, we will focus on how we will respond and facilitate any public actions should there be an acquittal or a conviction of a lesser charge that generates demonstrations.

With all of these tragedies swirling around us, impacting our daily lives, and adding another layer to the stresses that this year has produced, we think it's important for us all to take a moment to get clear on how we can best deal with the trauma that these events have produced in our lives.

Here is a link to an excellent resource that discusses understanding racial trauma. It's useful and might be something you can relate to: <https://www.odu.edu/content/dam/odu/offices/academic-affairs/docs/racial-trauma-and-diversity.pdf>

In an article written in *HelpGuide*, there are some easy things that you can do to help you work through trauma inducing events, such as the shooting of Daunte Wright. Selfcare is an important way to deal with this stress, and it doesn't mean that you don't care about how the shooting is affecting your family or community. What it really means is that you will be better able to care for those you love when you can first care for yourself.

Here is the link to the article: <https://www.helpguide.org/articles/ptsd-trauma/coping-with-emotional-and-psychological-trauma.htm>, but we have also provided four tips that encourage "healing from trauma" (Robinson, Smith, and Segal 2020).

Below are some tips from the HelpGuide (Robinson, Smith, and Segal 2020) article:

Tip 1: Get moving

- Dance it out! Exercise for 30 minutes by running, swimming, walking, or yoga

Tip 2: Don't isolate

- Connect with friends, volunteer, or connect with a faith leader

Tip 3: Self-regulate your nervous system

- Practice mindful breathing, be present in your surroundings

Tip 4: Take care of your health

- Get plenty of sleep, avoid drugs and alcohol, eat healthy, try to do things that help you relax- paint, sing, yoga and breathing

Seek professional help if none of this helps to reduce the stress that you are feeling.

**SMSU has free counseling services: call 507-537-7150 to make an appointment.
Western Mental Health Center: call 1-800-658-2429 to schedule an appointment.**

You are always welcome to meet with us in the ODI/AOS office; we are here to support you and listen to the concerns that you have.

Please take good care of yourself, be safe, and know you aren't alone.

Sincerely,

Jefferson Lee IV
Director of Diversity and Inclusion, AOS and MPP

Michele Knife Sterner
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Dr. Erin Kline
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