While it may seem difficult, it is incredibly important to try to take care of your emotional and physical health during these times. This feeling of anxiety is known as war anxiety or nuclear anxiety, a term more often used to describe the feelings of anxiety caused by feelings of helplessness, hopelessness, and fatigue due to news coverage and images of war. As bystanders, these feelings can be overwhelming and hard to cope with.

In addition to feeling helpless, individuals may also feel physical symptoms from war anxiety, including nausea, dizziness, stomach pains, and panic attacks. It is important to recognize these feelings and seek help if you are struggling. If in crisis, call MAVS TALK 24-hour crisis line to speak with a counselor available 24/7: 817-822-HELP (4357).

If you need help accessing resources or have any questions or concerns, please contact me at laj3195@mavs.uta.edu or visit our Academic Advising and Student Success website. You can schedule an appointment with me here: [Appointment Link].

Remember, it is also okay to reach out for help. There are several options available for college students. Visit www.timelycare.com/UTA to learn more about TimelyCare, a virtual health and well-being platform from TimelyCare, designed to help you take care of yourself.

Additionally, the School of Social Work at UTA offers support and resources for students and professionals. Please make sure you are using ONLY your UT Arlington student email. If you aren't sure where to start, start with TimelyCare, a 24/7 virtual health and well-being platform from TimelyCare, designed to help you take care of yourself.

If you are experiencing anxiety or other feelings that you need help with, please reach out to me at laj3195@mavs.uta.edu. I am here to support you and help you navigate these challenging times.

Thank you for your resilience and strength. Together, we can overcome these challenges and emerge stronger.