

# First visit to the buildings of the Faculty of Arts of Charles University

**Returning to the faculty doesn't have to be a major struggle for you** and it doesn't have to be associated with any major outbursts of emotion. **This is a normal and healthy reaction.** However, it is also possible that it will evoke various negative emotions. These may be felt not only by students and staff who return to the main building of the Faculty of Arts at Palachovo náměstí (Palach Square), but also by those who are based in other buildings of the faculty.

## How to prepare if you are worried about your reaction?

## Individual steps

- **Be active and take the initiative.** Important steps to promote resilience in this situation include various group events, art, informal gatherings in buildings, etc.
- **Focus on your personal strengths and trust in interpersonal relationships.**
- **Give yourself enough time before entering the building.** Don't go to faculty buildings at the last minute; instead, plan your day around your return to the University.
- **If possible, enter the building in a group.** It will help your feelings of safety if you are supported by your classmates. Sharing helps.
- **Let emotions flow freely. It is okay to feel any emotion.** You may feel anger, sadness, or relief, or you may feel nothing at all. The important thing is to vent your feelings safely, for example by sharing them with loved ones, crying, or even stopping for a moment.
- **Create a ritual for your return.** Rituals support resilience and make it easier for you to return to the University. It is completely up to you what your ritual will be: it can be prayer, silence, a painting or singing. You can also plan these activities with your classmates to help you feel more comfortable together at the University.
- **After you leave, allow yourself time to process the experience.** If you have the opportunity to do nothing but relax that day, take advantage of it. It is also good to reflect on the experience, e.g. sit quietly in the café with your classmates or stand quietly at the memorial sites. It's up to you.
- **Remember to look after of yourself after you leave.** Drink, sleep and eat enough. Plan a low-impact activity for the rest of the day.
- **Keep your crisis contacts for psychological help with you.** The reaction to an emergency situation can be anything. Every response is okay. If you don't feel well, ask for help.

# What might you experience when you're in the building and what can you do for yourself?

## Feelings and reactions

- You may be more irritable.
- Your mood may change dramatically.
- You may experience feelings of anxiety, insecurity, or fear. You may feel nervous, angry, or even sad and depressed.
- Crying is also a normal reaction.
- You may have repeated and vivid memories of the event. These may lead to physical reactions such as a racing heartbeat or sweating.

**This is a normal human reaction to an abnormal situation, an extraordinary stress.**

## What helps?

- Get enough sleep, and eat and drink enough.
- Share your feelings with those around you.
- Engage in activities that you find fulfilling.
- Healthy coping strategies – walking, sport, relaxation techniques and rest – are encouraged.
- Write down your coping strategies so you can keep them in mind.
- Use other tips on relaxation techniques
- Give everything plenty of time.
- Pay attention to your thoughts and moods. If you feel down for a long time or have trouble sleeping, seek professional help.

**The University is a community that you can draw strength from.**

# Where can I ask for help?

**Asistenční centrum NUDZ (Národní ústav duševního zdraví) / Assistance Centre of the National Institute of Mental Health (NIMH)**

[Asistenční centrum NUDZ \(Národní ústav duševního zdraví\)](#)

**Centrum Carolina Univerzity Karlovy / Carolina Centre of Charles University**

[Centrum Carolina Univerzity Karlovy](#)

## **Psychologická poradna FF UK/Psychological counselling at the Faculty of Arts, Charles University**

[Psychologická poradna FF UK](#)

## **International Crisis Lines**

[International Crisis Line](#)

## **In IUSTITIA**

long-term support service for students, teachers and families affected by the situation.

[In IUSTITIA](#)

## **White Circle of Safety**

providing complex victimological intervention for victims and witnesses of crimes

[About BKB](#)

## **Aplication**

Don't panic

- <https://play.google.com/store/apps/details?id=org.dontpanic>