Hello bears! I hope you all had a wonderful spring break. We’re a little past midway through the semester and stress levels are high as the second cluster (or, alternatively, the never-ending stream) of midterms hits. Often times, distress in college students isn’t caused by one event, project, or midterm; it’s caused by the build-up of many stresses regarding not only academics, but also social and personal life, finances, etc. These many individual triggers may not always be able to be resolved, but just talking about them can help let off some steam. One of the best ways to help distressed peers is to simply be there to listen.

Emotional Discharge is an Innate Desire

After being hurt, an infant will cry loudly and continuously and, if permitted to do so, will recover from the hurt very quickly. A child, given friendly attention after an embarrassing situation, will talk and laugh about the experience spontaneously until the embarrassment is dissipated. When a child is allowed to feel and tell the story repeatedly of a fresh physical injury, the pain is relieved and healing is more rapid. **If someone will listen, remarkable and good changes will take place with the person who is being listened to.**

Active & Empathetic Listening

Adopt these attitudes and postures to be an even more effective listener and friend:

- **Approval** – it’s hard to feel hurt when someone is looking approvingly at you
- **Confidence & High Expectations** – it is often easier to believe in yourself when you know someone else believes in you
  → “I think you’re just the person who can do it.”
- **Respect** – what they say and how they feel are worthy of full consideration;
  → when you allow them to voice what they’re thinking or their distress, they can see the source of their problems and begin to take it apart to heal
  → don’t let their troubles bother you – they are in charge of their own actions

Relevant Resources

Perhaps one of the best and most easily accessible resources on campus is **other students**. Don’t be afraid to **talk** to one of your fellow 27,000+ undergraduate or 10,000+ graduate students on our beautiful campus 😊. Hear and be heard. We’re all in this together.