

Coping with International War Events Affecting Muslim Students

Recognise the Impact:

- Exposure to graphic violence online
- Survivor guilt or helplessness
- Loss of focus, motivation, or emotional dysregulation
- Withdrawal from class or social settings

Validate distress

It's normal to feel helpless, sad, or even numb watching global injustice. This is part of our shared *ummatic* pain.

Contain doom-scrolling

Limit exposure to traumatic content. Select reliable, low-sensational sources.

Channel pain into purpose

Organise awareness campaigns, fundraisers, or congregational dua and prayers.
Active response over passive despair.

Encourage spiritual anchoring

Frame events through the lens of divine justice, akhirah, and the Prophet's ﷺ advice to remain patient and engaged in goodness.

Strategies:

- 1. Create opt-in safe spaces:** Offer facilitated reflection spaces where students can talk, cry, or pray without being forced to engage
- 2. Contain exposure:** Educate students on digital hygiene *"It's okay to take a break from the news without turning away from justice."*
- 3. Affirm action through small deeds:** Create fundraiser days, letter-writing campaigns, du'ā circles.
- 4. Spiritual assurance:** Connect with stories of past ummatic resilience (e.g., the boycott of the Muslims in Makkah)

"Do not think Allah is unaware of what the oppressors do." (Qur'an 14:42)

5. Refer staff to AfiyaEAP

6. Refer students to the wellbeing team if signs of trauma or vicarious trauma emerge (nightmares, anxiety, dissociation, panic).