

# MANAGING ELECTION STRESS\*

*\*on top of pandemic stress, academic stress, family stress, work stress and all other unprecedented stressors of 2020.*

If you're feeling especially stressed by this upcoming Election, know you're not alone. If you're experiencing distress or heightened stress here are some things you can do to help manage some of it.



## Be Aware

- Take the time to reflect, recognize and name the thoughts and feelings coming up for you.
- Prepare for the possibility that they may impact your mood, concentration, sleep, appetite, motivation, and energy level.
- Understand that you can have conflicting feelings coming up for you at the same time, and that's okay.
- Be curious and inquisitive. It's important to be as present as you can with your experience, even if it might feel painful

### Ask yourself:

*What is happening to my mind and body?  
What emotions are connected to my current experience?*



## Acknowledge

- Engage with and acknowledge what your thoughts and feelings are.
- Be nonjudgmental and give yourself permission to feel the way you do.
- Don't ignore or avoid any emotions as that can add more stress to your experience.
- Acknowledging feelings is the first step toward finding a solution and feeling more like yourself.
- Remember that your feelings do not define who you are.

### Ask yourself:

*What am I grateful for today?  
How can I learn to sit with upsetting feelings?*



## Connect

- Connecting with others can help us feel less alone and like we belong.
- Identify people around you who are a source of support; allow yourself to receive comfort and support from them.
- Simultaneously, be a support to others. Create a space for them by offering understanding and compassion.
- Give yourself permission to walk away from a conversation that is feeling uncomfortable, heated or too stressful.

### Ask yourself:

*Who, in my community, needs support?  
Who, in my community, can support me?  
What does my community need right now?  
What am I needing from my community?*

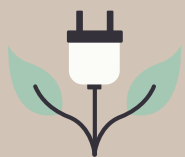


## Activate

- When you're ready, channel what you are feeling into something meaningful for you and your community.
- Focus on what is within your control.
- Get informed and be proactive around issues that matter to you.
- Find ways to engage with your community through volunteering and advocacy.
- Commit to small actions.
- Take breaks when you need to, but don't give up.

### Ask yourself:

*What are my personal and community values?  
Do my current behaviors align with my values?  
What is within my control? What isn't?  
How can I continue to center care for self?*



## Unplug

### Podcasts:

[Brown Girl Self Care Podcast](#)  
[The Melanated social work podcast](#)  
[A Different Perspective](#)  
[AFFIRM by Redefine Enough](#)  
[Naming It Podcast](#)

### Mediation Apps:

[Headspace: A meditation app](#)  
[Liberate: A meditation app by and for the black diaspora](#)

### Spaces:

[Healhaus - Circle of Care for Black Women](#)  
[Sista Afya - Healing Workshops](#)

## Find Support

[Counseling & Psychological Services \(CaPS\)](#)

[Center for Student Diversity & Inclusion](#)

[University Health Services](#)

[Wellness Initiatives](#)

[Religious and Student Life Initiatives](#)

[Student Leadership, Involvement & Community Engagement \(SLICE\)](#)

[Student Academic Success Center](#)