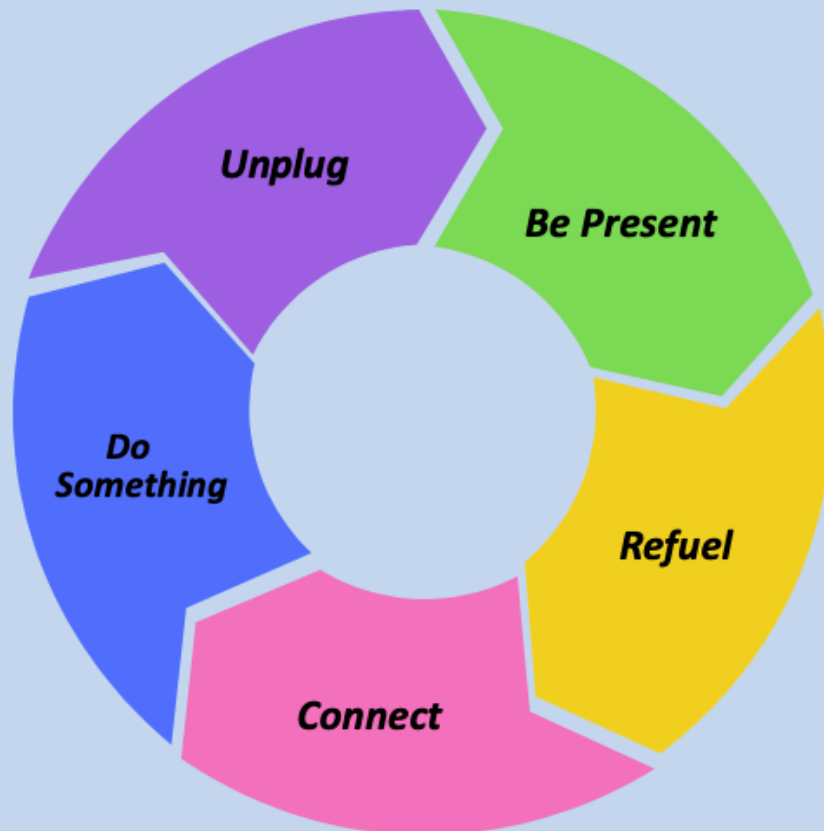


Election Stress Management

Tips and resources to cope with the
current national discourse

Brought to you by Student Wellness Services
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UNPLUG: Limit your consumption of social media and non-stop news. It's important to stay informed, but too much exposure can be overwhelming. Creating boundaries is important.

BE PRESENT: Don't wait until there's a problem to check in with how you're feeling, what you're thinking, and how your body is holding stress. Be curious and non-judgmental and give yourself permission to feel the way you do. Although avoiding your emotions can be useful in short bursts, continually ignoring strong emotions can have negative effects.

REFUEL: Focus on restoring yourself with rest and healthy food. Drink water and try to limit your caffeine. Move a little every day - take a walk, look at the sky, or just be in nature. Journal or meditate. Make art or watch cat videos, or read something fun. It's not self-indulgent to make some time to calm and soothe yourself.

CONNECT: Engage with supportive friends and allies. If you talk about current issues, it's ok to step back for a bit when you're feeling overwhelmed. Not everyone will share your perspective, so it's OK to limit your topics of conversation and avoid heated conflict. Reach out to supportive services on-campus, including Student Wellness Services.

DO SOMETHING: Channel what you're feeling into positive, meaningful activity. Be informed and proactive around issues that matter to you. Find ways to engage in your community through advocacy in ways that fit for you. Even small steps can be useful and important.