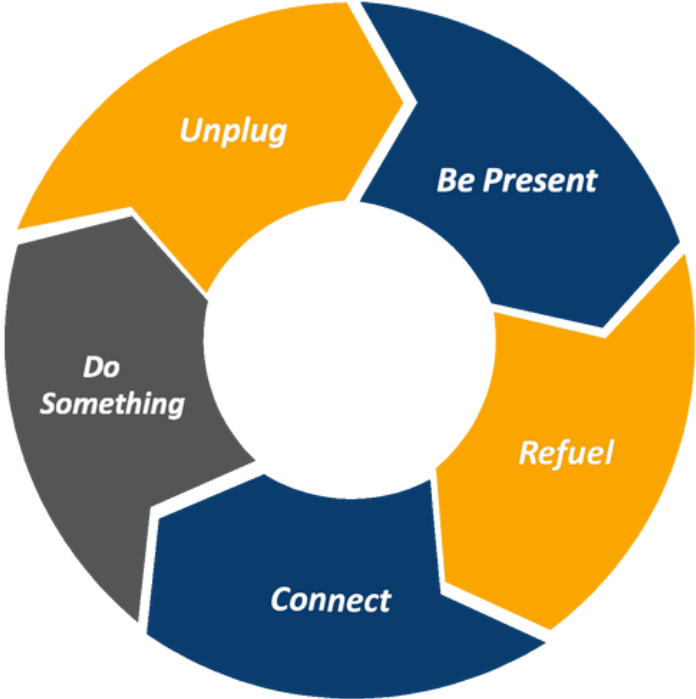


Coping with Election Stress Kit



***Adapted from Penn State CAPS**

Practice Boundaries

Consider scheduling a small block of time throughout your day for media/news consumption and stick to it!

Practice Mindfulness

Try to monitor your feelings and physical reactions. Notice any changes following the consumption of media/news.

Implement Enjoyable Activities



Nature: spend intentional time outdoors.



Exercise: intentionally move your body.
Go on walks, or schedule a gym session.



Quality Time: schedule in quality time with family, friends, or loved ones.

Be Present

Grounding

Overwhelming thoughts and emotions can leave us feeling separated from our bodies. Try engaging different senses to reconnect to the present moment.



Name 5 things you can see



Name 4 things you can touch



Name 3 things you can hear



Name 2 things you can Smell



Name 1 thing you can taste

Refuel Your Body and Mind

SLEEP

A consistent sleep schedule and routine can help you feel more rested, relaxed, and focused.

[Here are some sleep tips](#)

NUTRITION

Drink water & limit caffeine

Avoid/limit alcohol or drug use

Eat regular, healthy meals

[Here is some nutrition advice](#)

MOVEMENT

A little bit of physical activity each day can help reduce stress and energize you.

[Here are some ideas for busy college students](#)

Connect with Yourself

1. Journaling
2. Setting healthy boundaries
3. Use your creativity
4. Practice self-compassion

Connect with Others

Five Ways to Build Strong Connections

1. Practice active listening
2. Show empathy and understanding
3. Engage in vulnerability
4. Invest time and effort
5. Communicate clearly & effectively

The Importance of Community

Do Something

Get involved in social/political causes to reduce feelings of election helplessness.

Participate in the campus community through clubs and activities to increase your sense of connection to others.

Explore yourself by identifying your values and strengths to guide you and increase feelings of self-efficacy.

Values card

Strengths survey

Additional Resources

UCI Counseling Center

UCI Counseling Center: We offer virtual and in-person services.

Location: 203 Student Service 1

Hours: M-F, 8-5 pm

Phone: 949-824-6457

Resources on Campus

[Office of Equal Opportunity and](#)

[Diversity](#)

[UCI CARE](#)

[Student Wellness and Health](#)

[Promotion](#)

[Student Health Center](#)

[Disability Services Center](#)

Immediate Support

UCI Counseling Center (24/7):
949-824-6457 (After hours, select option
"2")

National Suicide Hotline (24/7):
800-273-8255

Follow us on Social Media



THANK YOU to our colleagues at other institutions for sharing their resources. Information in this document was adapted from Michigan State University, California State University at Long Beach, and Penn State University.