COPING WITH ELECTION STRESS

Our CAPS staff is here to listen and support you as our nation goes through this election. Stress and uncertainty have been intensified by global pandemic and ongoing racial injustice. We recommend several strategies to care for yourself during these unsettling times.

1. UNPLUG
   - Give yourself permission to take a break from the news. Limit your consumption to media, particularly the 24-hour news cycle of social media variety. Monitor your reactions. Set time limits for how long you spend on screen.

2. STAY CONNECTED
   - Engage with supportive friends, family, and allies. Find space, people, and activities that ground you. Talk about your reactions but also communicate your boundaries when needed. We invite you to join CAPS weekly virtual informal gathering spaces to connect with other students and get support.

3. OPT OUT
   - Not everyone will share your perspective. End unproductive conversations. Pay attention if a discussion is going to benefit anyone or contribute to more stress. Avoid or limit conversations that have potential to get heated.

4. ACKNOWLEDGE FEELINGS
   - It’s important to be aware and acknowledge our thoughts and feelings. Pay attention with non-judgmental curiosity and give yourself permission to feel the way you do. Check your emotional space before you engage in conversations. Are you in a space of dialogue?

5. REFUEL
   - Go back to basics and focus on restoring yourself. Eat well, get plenty of sleep (7-8 hours), drink water, exercise, play, laugh, make art, read something light, watch a movie, connect with nature.

6. BE KIND TO YOUR MIND
   - Election results may not be available right away. Stay in the present moment and avoid obsessing about “worst case scenario.” Journaling, practicing gratitude, engaging in meditation or mindful activities can be helpful. Need help quieting your mind? Try different apps such as Headspace, Calm, Insight Timer or NU Breathe or sign up for CAPS workshops to learn helpful strategies to manage stress.

7. TAKE ACTION
   - Channel what you feel into positive, meaningful activity to impact change. Join NU or off campus organization congruent with your values, volunteer, speak up for justice and equity, donate, etc.

SEEK MENTAL HEALTH SUPPORT IF NEEDED: WE ARE HERE FOR YOU! SIGN UP FOR TELE TALK (INFORMAL CONSULTATION WITH CAPS STAFF), SCHEDULE A ROUTINE APPOINTMENT ON OUR WEBSITE OR CALL US (847) 491-2151 FOR 24/7 CRISIS SUPPORT. FOR MORE HELPFUL RESOURCES, VISIT OUR WEBSITE.