

Coping with Election Stress

The election can bring up feelings of excitement, joy, relief, fear, sadness, anger, dread, hopelessness, anxiety, and numbness.

The UCI Counseling Center is here to support students who may be struggling. Check out 10 Tips for Self-Care Below!

- 1. Acknowledge your feelings: Check your emotional state before you engage in conversations. Are you in a space to dialogue?**
- 2. Focus on tasks or events that are in your control.**
- 3. Connect with friends, family, a community, or a safe space to ground and support you.**
- 4. Monitor your media use: Check your reactions before and after taking in the information. Set time limits.**
- 5. Focus on the present: Shift away from a future focus.**
- 6. Opt out of unproductive conversations: Pay attention to whether the discussion is going to benefit anyone or just increase stress levels.**
- 7. Take care of basic needs such as eating, sleeping, drinking water, exercising, playing, and laughing. Incorporate activities that recharge you and relax you every day.**
- 8. Volunteer for an organization that supports your interests.**
- 9. Utilize self-care apps: Calm, Headspace, and Virtual Hope Box are all available for iPhone and Android.**
- 10. Reach out for help. The Counseling Center has crisis counselors available 24/7 by calling our main line at 949-824-6457. After-hours, press option "2" to be connected to a live counselor.**