5 WAYS TO COPE WITH ELECTION STRESS

Tips for Practicing Self-Care During the Election

☑️ Make connection a priority
Engage in dialogues that feel constructive. Step away from conversations which feel divisive.

☑️ Maintain your normal routine
Discover ways that support your regular routine and engage in activities that provide balance in your life.

☑️ Practice self-compassion
Acknowledge your fears, anxieties or concerns- it’s ok not to be ok. Feel what you feel. And allow others to do the same without judging your personal experience or others.

☑️ Choose empowering actions
Your actions have impact. Empower yourself through voting: helping others vote, ensure fair elections, fight voter suppression, contribute to fact checking and identify misinformation.

☑️ Unplug
Limit your intake of news and time spent on social media. If you find yourself feeling anxious or distressed, limit your consumption and seek connection with others instead.

Counseling & Psychological Services (CAPS)
https://vaden.stanford.edu/caps

Well-Being at Stanford
https://vaden.stanford.edu/well-being

Centers for Equity, Community & Leadership
https://studentaffairs.stanford.edu/about-ecl

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