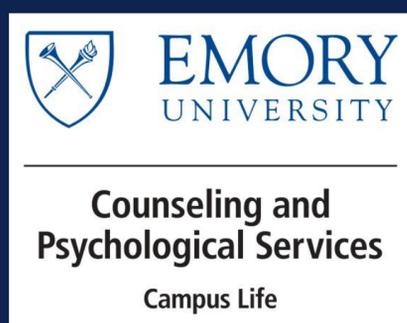


ELECTION REACTION STRESS

Our CAPS Staff is here to support you as our nation undergoes the 2020 election period



1462 Clifton Rd. Suite 235
404-727-7450
8:30am-5pm (M-F)

WE RECOMMEND SEVERAL STRATEGIES FOR SELF-CARE:

1

Unplug

Limit your consumption of media. Monitor your emotional reactions and set time limits for how long you spend watching and interacting with various forms of multimedia (particularly social media).

2

Connect

Engage with supportive friends and allies, utilize your community (or a safe space) to ground you and support you. Talk about your reactions but also communicate your boundaries when needed.

3

Take a Break

Not everyone will share your perspective. End unproductive conversations. Pay attention to whether a discussion is going to be helpful or lead to stress.

4

Stay Present

Focus on the here and now and try to shift away from a future focus. Journaling, focusing on gratitude, engaging in mindfulness/meditation, or connecting with nature can be helpful in staying present.

5

Refuel

Go back to basics and focus on restoring yourself. Eat well, get plenty of sleep (7-9 hrs), drink water, exercise, play, laugh, make art, read something light, watch a movie, go outside, recharge, and avoid unhealthy coping strategies.

6

Acknowledge Feelings

Pay attention to your thoughts and feelings in a non-judgmental manner and give yourself permission to feel the way you do. Check your emotional space before engaging in political discussions.

7

Volunteer

Channel what you feel into positive and meaningful activities. Join Emory or off-campus organizations that support your values and interests.

8

Apps

Take a breather and access your calm inner space. Try apps for relaxation: CALM, Breathe2Relax, Mindshift, Headspace, Stop Breathe & Think, Virtual Hope Box. etc.