

COPING WITH ELECTION STRESS

The Virginia Tech Cook Counseling Center (CCC) acknowledges that the 2020 Election Season may be stressful for many students. We would like to provide you with some useful strategies and resources to support positive mental health during election season.

Unplug



Limit your consumption of social media and the 24-hour non-stop images. It's important to stay informed, but creating boundaries is important.



Try out app blockers like **Freedom** and **Offtime** to help limit your screen time. Both are free and compatible with any IOS or Android operating system.

Be Present

Use reflection to recognize your inner thoughts and feelings. Be curious and non-judgmental and give yourself permission to feel the way you do. Although avoiding can be useful, “stuffing” or ignoring strong emotions can have negative impacts.

- Go on a mindful walk or try out a **guided mindfulness video** on Youtube
- Practice **grounding exercises**
- Try out one of these mindfulness meditation apps to get yourself started:



Connect

Engage with supportive friends and allies. Talk about current issues, if needed, but be aware of when you're feeling overwhelmed. Not everyone will share your perspective, so it's OK to limit your topics and avoid heated conflict. Reach out to supportive services on-campus, including the CCC.

Try out one of these ways to virtually connect with others:

- Zoom dance party
- **Netflix Party**
- House Party Apps
- **Virtual Group Workouts**
- TikTok Challenges
- Virtual group workout
- Cook **Support Groups & Workshops**

Check out **GobblerConnect** for an up to date list of the Virtual Events happening on campus



Refuel

Focus on restoring yourself with rest and healthy food. Drink water and try to limit caffeine. Move a little every day. Take a walk; look at the sky; be in nature. Journal or meditate. Make art or watch funny videos. Read something fun. Try to find balance in the different different parts of you life.

Take a three point approach to self-care

- Sleep: Adequate sleep can help prepare you to take on the day. Learn how to get better sleep [here](#) or try out a Hokie Wellness **Sleep Workshop**
- Nurtrition: For helpful information on nutrition, visit [UDSA Myplate online](#) or check out the [Hokie Wellness page](#) for workshops and additional resources.
- Exercise: Explore free at home workouts from [Popsugar fitness](#) or try out a free virtual group fitness program from [VT Rec Sports](#).



Do Something

Channel what you're feeling into a positive, meaningful activity. Be informed and proactive around issues that matter to you. Find ways to engage in your community through advocacy in ways that fit for you.

It can be challenging to stay motivated when everything around us seems chaotic and scary. But doing something - no matter how small - can lessen some of the uncertainty. Your actions don't need to be political. Try taking a step to stand up for or stand in for a person or a cause that matters to you. Be a force for positive change and practice Ut Prosim (That I may serve).

Where to go to get involved:

- Visit [Gobblerconnect](#) to find out about different organizations on campus that you can get involved in
- Check out [VT Engage](#) to find out about different opportunities around campus for service
- If you're not residing near campus, find out how you can volunteer in you local community [here](#)
- Interested in assisting with COVID-19 relief in Virginia? Visit [VDH.virginia.gov](#) and consider joining the Medical Reserve Corp

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