



# SELF-CARE DURING AN ELECTION

## **Be Mindful with Media/Social Media Consumption**

Consider turning off notifications and/or selecting a designated time of day to intentionally delve into recent news. Check in with yourself about how social media/media is impacting your mood/energy. Unfollow (or temporarily snooze) accounts, if needed. Consider muting video content and utilizing captions/transcripts instead (or watching content after the event so you can pause/take breaks, as needed). Signs you may need a break: feeling worse/drained after using media/social media, rereading the same news/posts, or finding yourself continuously refreshing the page.

## **Check in with Yourself**

Check in with your body regularly to see what you may be needing (e.g., to hydrate, to sleep, to connect with others, to take a break/mental health day). Prioritize your well-being during this time (and always). This might look like setting reminders to take a break, hydrate, go outside, move your body, etc.

## **Practice Self-Compassion**

Your feelings—fear, hope, anger, disbelief, sadness, and any other combination of emotions—are valid. Be gentle with yourself.

## **Honor that Rest is a Part of Advocacy**

It can be hard to allow ourselves to take a break—from social media, from posting, from having meaningful conversations, from advocating—and yet, rest is a needed part of the work. Give yourself permission to rest, recharge, and return, as needed.

## **Find Spaces Where You Can Take a Deep Breath**

Connect with your support people—the ones who get it and get you; the ones with whom you feel seen, heard, and supported; find intentional ways to connect with them.

## **Protect Your Energy**

Consider what boundaries you may need/want to set with others around how/if/when you talk about the election/politics and how you gift your energy during this time.

## **Focus on What You Can Control/Take Action**

Consider meaningful ways you can contribute whether it is talking with friends about how you can support one another, sharing information, advocating, etc. It's okay if your meaningful actions look different than someone else's.

## **Consider Self-Care Strategies for Election Day/Week**

What might you need/want under the different possible election outcomes? Consider allowing extra space for yourself (e.g., scheduling less demanding tasks that day/part of the week). Schedule a time to connect with supportive loved ones before and following the election. And, as with all plans, be gentle with yourself if modifications happen/are needed.

## **Get Connected**

Contact the Counseling and Testing Center by calling or visiting our website to learn more about the many services available.