

# Election Stress Survival Kit

The election cycle is stressful and can be hard to navigate. The center is here to help with tips to manage the stress that can come with coping with the current socio-political climate.

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## 1 Unplug

It is okay to walk away from the news. Create boundaries between staying informed versus being overwhelmed.

## 3 Be Present

Recognize and acknowledge your thoughts and feelings. Approach with curiosity, not judgement. You can feel/think whatever you feel/think.

## 2 Refuel

Take time to focus on you. Are you resting, eating, drinking water? Show yourself the same amount of care you are giving.

## 4 Connect

Engage with allies and supportive friends. Also know when to walk away from arguments with people.

## 5 Do something

If you feel so moved, channel what you are feeling toward a positive, meaningful, intentional action.