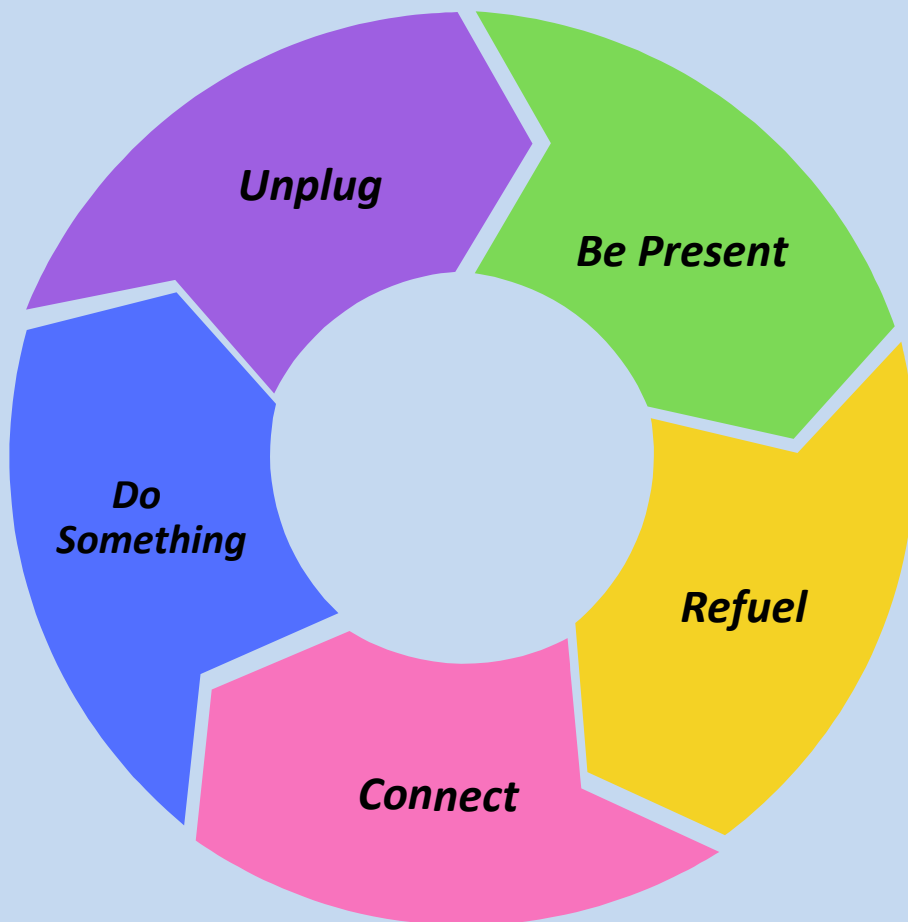


Election Stress Kit

Tips and resources to cope with the current national discourse

Brought to you by the Marquette University Counseling Center



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

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.

REFUEL: Focus on restoring yourself with rest and healthy food. Drink water and try to limit caffeine. Limit or avoid drugs and alcohol as they may negatively impact attempts at moderating a healthier expression of feelings and behaviors. Move a little every day if you feel called to.

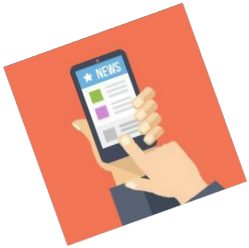
CONNECT: Engage with supportive friends and allies. Talk about current issues, if needed, but be aware of when you're feeling overwhelmed. Not everyone will share your perspective, so it's OK to limit your topics and avoid heated conflict.

DO SOMETHING: Channel what you're feeling into 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.

UNPLUG

Stay informed, but know your limits:

Monitor how you feel after news consumption. Feeling preoccupied or even upset by national events may be a sign to cut back on your news intake and limit social media discussions.

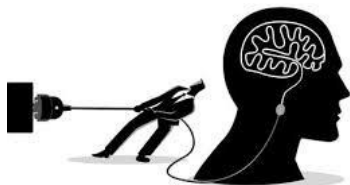


Consider scheduling short blocks of time to catch up on news without checking for every new update during the day. Limit "doomscrolling" and protect your mental wellness. Try to avoid social media before bed.



During "digital breaks," take time to focus on something enjoyable. Rely on existing coping skills you have that work!

Try a [deep breathing video](#), or short meditation to ground and center yourself.



BE PRESENT

Consider practicing **self-compassion** as you work through challenging or uncertain times. Try some of [these](#) exercises compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

Grab your phone and your earbuds and head outside for a guided [mindful walk](#) to de-stress.

Top Meditation Apps by Downloads in the U.S. for 2018

sensortower.com

Overall Downloads

- 1  Calm
- 2  Headspace
- 3  Insight Timer
- 4  Aura
- 5  Simple Habit
- 6  Breathe
- 7  10% Happier
- 8  Me. BetterMe
- 9  Pacifica
- 10  Abide



5 ★ 4 ★ 3 ★ 2 ★ 1

SLOW DOWN & CALM DOWN

FIRST OFF - TAKE 3 SLOW & QUIET DEEP BREATHS!

5 List 5 things you can **SEE** 

4 List 4 things you can **FEEL** 

3 List 3 things you can **HEAR** 

2 List 2 things you can **SMELL** 

1 List something **positive** about yourself ☺ 

MAKE TODAY COUNT

FINISHED? NOW - TAKE 3 MORE SLOW & QUIET DEEP BREATHS ☺

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats

Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors



www.blessingmanifesting.com

Listen to nature and [soothing Tibetan singing bowls](#)



Grounding



Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Pause what you are doing and pay attention to what you can see, hear, smell, and touch in your environment.

REFUEL

Balance

A national election during COVID? Focusing on your well-being is more important than ever! Trying to keep a balance in most areas of your life will help you roll through challenging days more smoothly and keep you on the road to wellness!



Eating and Nutrition

For tips, guidelines, and health information, this is a [great resource!](#)
Limit or avoid alcohol and other drug use

If you are struggling with food insecurity please visit the the [Marquette Backpack Program](#)



Sleep

Is your sleep schedule irregular? Are you sleeping more than you want to be? If the answer to any of these questions is "yes," you may benefit from sleep hygiene. Check out the article below, or sign up for SilverCloud on the MUCC website and complete the sleep module!

[SilverCloud](#)
[Sleep hygiene](#)



Movement

- **Marquette Campus Recreation Center** has virtual group fitness classes for students. Check out their resources and schedule [here](#)
- Practice intuitive movement- do a yoga video, go of a walk or run. Listen to your body.
- Try a [yoga video](#)

CONNECT

Five ways to build stronger connections

- 01 Write a letter
- 02 Pick up the phone and call
- 03 Ask meaningful questions
- 04 Answer questions with honesty
- 05 Connect via video

COMPASS

Robert Reffkin, Founder & CEO

Why Connect?

- ◆ To decrease loneliness, stress, depression, and anxiety
- ◆ To acknowledge collective trauma and experience solidarity
- ◆ To experiencing love and belonging
- ◆ To give and receive care and compassion

Connecting..connecting.... connecting....

Zoom fatigue is real, but sometimes it's our only option. So how do we connect without MORE stress? Try these tips:

- Establish “no screen” blocks of time in your day – times when you don't have classes, meetings, etc. (See “UNPLUG” above)
- While turning off your camera during class can be a relief, make sure you don't do it all the time. Leaving your camera on, even if you can only see your instructor and one other brave student, can help you feel connected, and more focused on content.
- Avoid multi-tasking. Even though it can be tempting to use more than one device at a time or check emails and respond to texts while Zooming, focusing on the content of the meeting will actually give your brain a break!

Connecting Virtually

- Zoom dance party
- Netflix party
- House Party
- Tik Tok Challenges

- Virtual group workouts
- Virtual book clubs
- Virtual karaoke on google hangouts

Spiritual Connection

Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).

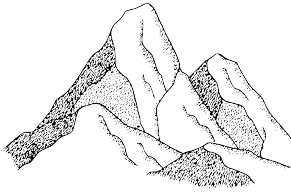
[Loving-kindness meditation](#)

Visit [Marquette Campus Ministry](#)

DO SOMETHING

It can be challenging to stay motivated when everything around us seems chaotic and scary. But doing something – some action, no matter how small – can lessen some of the uncertainty.

What you do doesn't need to be political – taking a step to stand up for or stand in for a person or a cause or the environment means *we're not powerless*. Check out the ideas on this page!



Learn
about
Vision
Boards
[here.](#)

There are many ways to promote a sense of empowerment and contribution when we may be feeling helpless. Want to have a voice in local or national politics? [Check this out](#) for ideas!

Connect with your Values

Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

- ◆ [Online values card sort](#)
- ◆ [Printable version](#)

Lean on your STRENGTHS

Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose. Try taking the [VIA Character Strengths Survey](#) to identify your strongest traits.



Wholeness

Think about what makes you feel whole, grounded, or like *you*. *It can be helpful to consider Maslow's Hierarchy of Needs.*



Additional Resources

RESOURCES on campus

Click the links below:

[LGBTQ+ Resources Center](#)
[Bias Incident Reporting](#)
[Center for Engagement and Inclusion](#)
[Office of International Education](#)
[Victims Advocates](#)
[Title IX](#)
[Office of Disability Services](#)
[Student Educational Services](#)

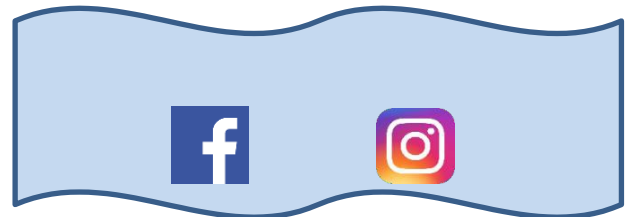
[SilverCloud](#) is an online course to help you manage stress, anxiety and depression. You can work through a series of topics to address your mental wellness needs. You can choose to complete the modules at your own pace and on your own time

THANK YOU to our colleagues at other institutions for sharing their resources. This document was adapted from Michigan State University, Penn State University, and California State University at Long Beach. We are grateful for the collaboration!

Visit the MU Counseling Center on our website to learn about our services or call us M-F 8am-4pm at **414-288-7172**

MUCC WEBSITE click [HERE](#)

Follow MUCC on social media!



NEED IMMEDIATE SUPPORT?

- Crisis Text Line: Text Hello to 741-741
- MUCC Crisis Services: 414-288-7172
- MUPD: 414-288-6800
- National Suicide Prevention Lifeline 800-273-8255