

Tufts University
Counseling and Mental Health Service
Tips for Coping with Election Season Stress

Manage Media: Seek reliable news sources. Set daily limits for consumption of election-related and political news to keep from overwhelming your stress coping tools. Check your reactions after taking in information, and consider stepping back from those that intensify your stress. Especially important is avoiding media in the evening, as stress-related hormones interfere with good sleep and sleep is essential for good coping.

Hang with your Squad: Whether virtually or physically distanced, connect with supportive others and spend some intentional time doing things other than talking about the election, even if that is some of what you do.

Take Action: Taking productive action is empowering. If you are eligible to vote, make sure you are registered and vote! If you can, volunteer with any of a number of organizations out there that need your help. Choose one that aligns with your values. [VolunteerMatch.org](https://www.volunteermatch.org) is a national website you can use to search for local opportunities.

Schedule Brain Breaks: Get out of your head! Move your body, play music, cook, make art, play with fabric or yarn, meditate, or practice breath focus. Check JumboLife for daily activities at Tufts. Calming activities and apps can be found on our webpage: <https://students.tufts.edu/health-and-wellness/counseling-and-mental-health/self-help/anxiety-and-stress>

Talk/Write it Out: Talk about how you are feeling with friends, family, faculty, or staff at CMHS, the Chaplaincy, or in the residence halls if you live there. It also is often helpful to write in a journal.

Magnify the Small Stuff: Try focusing your attention on what you may feel grateful for, what brings you comfort, small pleasures like a friend's smile, the warmth of a cup of tea in your hands, a pet's soft fur, the fall colors in the trees, etc.

Connect with Wonder: Getting out in nature, tapping into religious/spiritual/mystical practices, playing with children or animals, visiting (virtually) art galleries, listening to concerts, etc. can reawaken your sense of wonder and joy, help you regain perspective, and support your emotional health.

**Need additional support? Call CMHS to schedule a telehealth meeting with a counselor:
617-627-3360**