WAYS TO NAVIGATE ELECTION STRESS

1. **Maintain Meaningful Connections**
   - Connect with those that bring joy and comfort to your life.
   - Actively participate in conversations that feel engaging and educational.
   - Take some time to thank those who support you.
   - Put positivity in the world.

2. **Maintain Your Routines**
   - Focus on your routines and make sure you engage in activities that maintain some structure in your life (set-up breaks, take a walk, exercise, time to do work, and time to call family + friends).

3. **Engage in Positive Choices**
   - Our choices have influence! Engage yourself through choices that impact the world positively: vote, help others to vote, call out voter suppression, and contribute to factual information.

4. **Practice Self-Care**
   - It's ok to not be ok. Recognize when you feel stress or anxiety and allow yourself to feel that way.
   - Give yourself space to process, reflect, and focus on what brings you joy (exercise, watch a movie, play video games, create art, read a book, listen to some music and dance).

5. **Unplug**
   - Determine how much time you're engaging in social media, news, and related multimedia content.
   - Do you feel anxious or distressed? Challenge yourself to limit your digital engagement and seek connections with other people in real time (phone calls, video chats, or practice self-care).

6. **Breathe**
   - Focusing on your breathing is an important way to center our thoughts and focus on the present.
   - Consider practicing with the following: **4 x 4 Breathing** - slowly exhale all your air out, gently inhale through your nose for four seconds, hold to a count of four seconds, and gently exhale through your mouth for four seconds. Repeat four more times.

HELPFUL RESOURCES:
- Counseling & Psychological Services
  [http://caps.sfsu.edu/](http://caps.sfsu.edu/)
- Dean-On-Call Program
  [https://dos.sfsu.edu/content/dean-call-program](https://dos.sfsu.edu/content/dean-call-program)
- Health Promotion & Wellness
  [https://wellness.sfsu.edu/are-you-feeling](https://wellness.sfsu.edu/are-you-feeling)
- Equity & Community Inclusion
  [https://equity.sfsu.edu/](https://equity.sfsu.edu/)
- You@SF State
  [https://you.sfsu.edu/](https://you.sfsu.edu/)