

ELECTION STRESS KIT

TIPS & RESOURCES TO COPE DURING THE 2024 ELECTION

ADAPTED FROM PSU HARRISBURG ELECTION KIT 2020



UNPLUG: Limit your consumption of social media and the 24-hour non-stop images. 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. Although avoiding can be useful, “stuffing” or ignoring strong emotions can have negative impacts.

REFUEL: Focus on restoring yourself with rest and healthy food. Drink water and try to limit caffeine. Move a little every day. Take a walk; look at the sky; be in nature. Journal or meditate. Make art or watch funny videos. Read something fun.

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. Reach out to supportive services on-campus, including CAPS.

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 a short block of time in the morning and one in the evening to catch up on news without checking for every new update during the day.



During “digital breaks,” take time to focus on something enjoyable, such as a hobby, exercising, being in nature or spending time with family and friends.

CHECK OUT THIS [VIDEO](#) FOR SOME MORE TIPS FOR “UNPLUGGING” DURING A STRESSFUL ELECTION TIME.



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 ear-buds and go for a mindful walk around campus.

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



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POPULAR MEDITATION APPS BY DOWNLOADS



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

Sleep

Is your sleep schedule irregular? Are you sleeping more than you want to be? Are you having trouble falling asleep? If the answer to any of these questions is "yes," you may benefit from these sleep hygiene tips and resources!

[Mastering Sleep Hygiene](#)



Eating & Nutrition



For tips, guidelines, and health information, this is a [great resource!](#)

You can also check [Mo's Cupboard](#), a food and resource pantry designed to reduce financial barriers to student success.



Exercise

Go to the [Fitness Center](#)

Take a walk

Yoga

Dance

Jog/Run

Swim

Pilates

Kickboxing

Hiking

Biking

Anything that gets your blood pumping!



CONNECT

WHY CONNECT?

Role of Social Support

Provides emotional support

Offers different perspective

Helps with problem-solving

Promotes relaxation

Increases accountability

Offers practice assistance



5 Ways to build a stronger connection:

Be penpals, write a letter

Talk on the phone

Ask meaningful connections

Answer questions with honesty

Find a mutual shared passion

SOCIAL
SUPPORT
HELPS
REDUCE
STRESS

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.



Connect with your Values

Identifying what is important to us can be one way to foster motivation. Use the value cards below to learn what is most important to you. Then consider how you can express your values on a daily basis.

Value Cards

Activism, service and generosity are a few ways to promote a sense of empowerment and contribution when we may be feeling helpless.

Learn about Moravian University service opportunities through the Center for Career and Civic Engagement