

5 WAYS TO COPE WITH ELECTION



Tips for Practicing Self-Care During the Election



Make Connection a Priority

Engage in dialogues that feel constructive. Step away from conversations which feel divisive.



Maintain Your Normal Routine

Discover ways that support your regular routine and engage in activities that provide balance in your life.



Practice Self-Compassion

Acknowledge your fears, anxieties or concerns- it's ok not to be ok. Feel what you feel. And allow others to do the same without judging your personal experience or others.



Choose Empowering Actions

Your actions have impact. Empower yourself through voting: helping others vote, ensure fair elections, fight voter suppression, contribute to fact checking and identify misinformation.



Unplug

Limit your intake of news and time spent on social media. If you find yourself feeling anxious or distressed, limit your consumption and seek connection with others instead.

★ **Counseling & Psychological Services (CAPS):** vaden.stanford.edu/caps

★ **Well-Being at Stanford:** vaden.stanford.edu/well-being

★ **Centers for Equity, Community & Leadership:** studentaffairs.stanford.edu/about-ecl

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