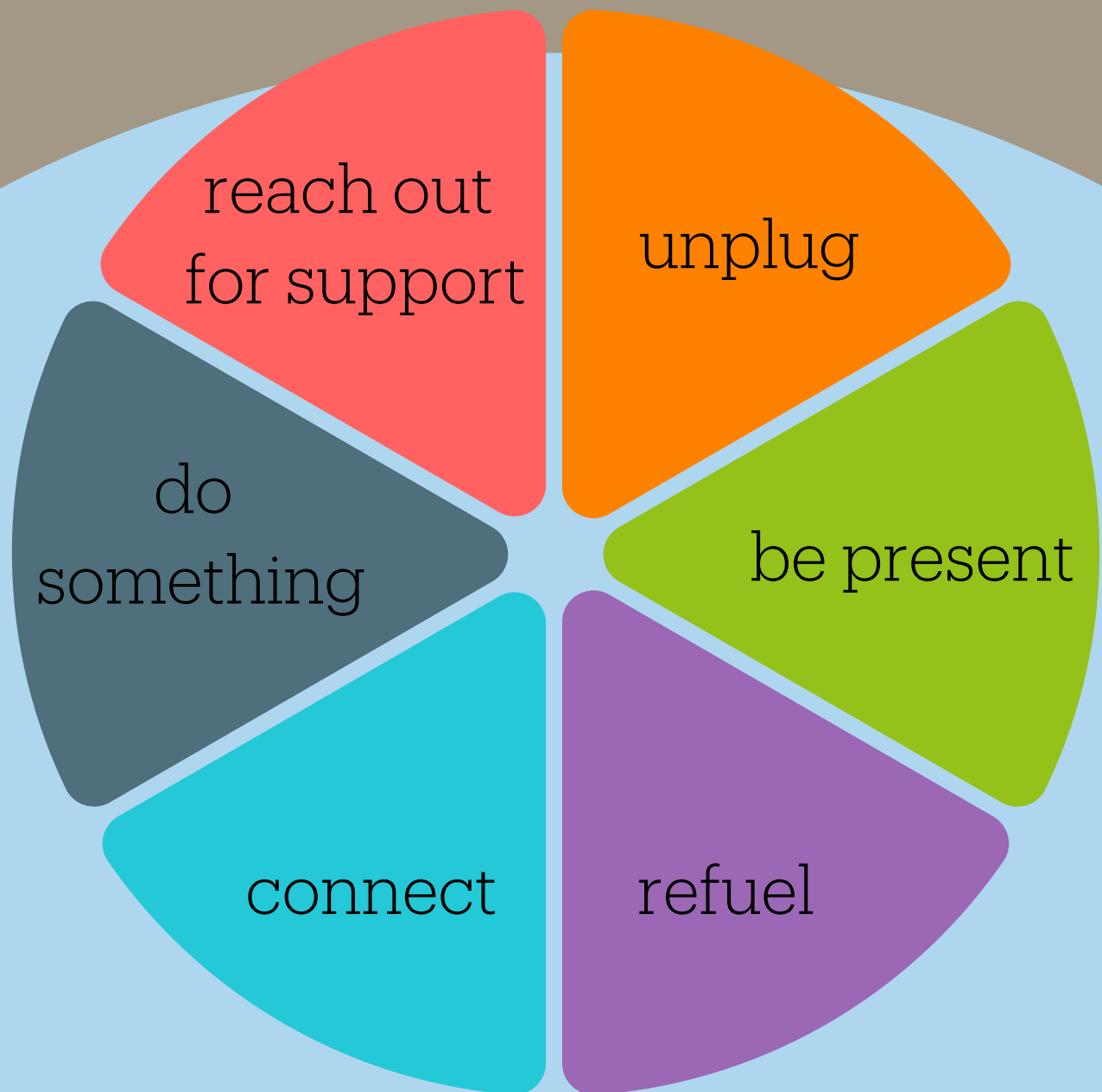


6 pillars of election stress management



unplug

stay informed, but know your limits:

Be curious about the way media consumption is impacting your mind and body. If it is affecting your ability to function day to day and amplifying already difficult feelings around unsettling news and events, it may be time to reevaluate your boundaries with media.

read don't watch

Consider scheduling a short block of time when you check in to catch up on news without checking for every new update during the day. Consider reading your news rather than watching or listening because research shows that its less emotionally impactful.

breaks

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

self compassion

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.

If feeling present brings up too much fear, try to focus on things that bring you hope.

walk

Grab your phone and your earbuds and head outside for a guided mindful walk to de-stress.

grounding

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

meditation

Try out a guided meditation on the Health & Wellness Website!

<https://wellness.ucsb.edu/health-topics/mindfulness-meditation-practice>

refuel

sleep

Is your sleep schedule irregular? Sleeping more than planned or struggling to fall asleep? If you answered "yes" to any of these, these sleep hygiene tips and resources may be just what you need!

<https://www.sleepfoundation.org/sleep-hygiene>



prioritizing

While finding balance can be an elusive concept with so many competing demands on your time and energy, focus on finding ways to integrate the different aspects of your life and prioritize your commitments to allow for self-care and time to rest.

eating & nutrition

Sometimes it can be hard to focus on your basic needs but continuing to eat balanced meals regularly can help keep up your physical and mental functioning. For support with food access: <https://basicneeds.ucsb.edu/resources/food>

connect

why connect?

- To reduce loneliness, stress, depression, and anxiety
- To acknowledge shared trauma and build solidarity
- To experience love and a sense of belonging
- To give and receive care and compassion
- Community care can sometimes feel just as important and impactful as self-care

build stronger connections

- Make an attempt to connect IRL rather than just online or via text
- Be intentional about scheduling time to engage with friends and loved ones
- Try out campus or local organizations that are meaningful to you as a way to meet new, like-minded friends and create connections

spiritual connection

Spirituality can be a meaningful way to connect with yourself, others, nature, or a higher power(s). Find local or online spiritual communities or try a loving kindness meditation!

<https://www.youtube.com/watch?v=syKqFFd1Rm0>



do something



staying motivated

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 feeling of uncertainty. What you do doesn't need to be political – taking a step to stand up or stand in for a person or a cause or the environment means we're not powerless.

connect with your values

Think about what makes you feel whole, grounded, or like you. Consider these:

- self-actualization
- esteem
- love & belonging
- safety needs
- physiological needs

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.

reach out for support

Campus Support Options

Identify what kind of support you need; it may vary day to day. UCSB offers a variety of resources to help you manage stress during election season.

You may be looking for respite from these conversations, group processing support, places to engage in political discourse, academic support, or individual support. There are options for all of these!

Group Support

Connect with others through group support options:

- Student Organizations
- Cultural Centers and MCC
- Women's Center
- AS Commissions

These spaces offer group processing and community support.

Individual Support

For one-on-one support:

- Counseling & Psychological Services (CAPS)
- Mental Health Peer Program
- Social Work Services
- UWill Online Therapy

Visit the Wellbeing website for a full list of resources. You don't have to manage election stress alone!