

# Election 2020 and Beyond Stress Kit

Brought to you by Suffolk University  
Counseling, Health & Wellness (CHW)



## Note for Faculty and Staff

This guide was designed for students, but everyone may find something of interest in these pages. Faculty and staff can seek additional support through [Human Resources](#), [Suffolk's EAP Program](#), or through one of the [Employee Resource Groups](#).

# UNPLUG

**Know your limits**  
**Too much media = increased stress**

Schedule “digital breaks” daily.  
Consider taking 1-2 days “off.”  
Turn off automatic notifications. Observe how you feel and disengage when needed.



*During “digital breaks,” focus on YOU – engage with a hobby, exercise, be in nature or spend time with supportive people in your life.*

Check out [this video](#) for some more tips for “unplugging” during a stressful election time.

# BE PRESENT

## Practice self-compassion.

It's OK not to be OK. Try some of [these](#) exercises compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

## Try Relaxation or Mindfulness Apps

*Stop, Breathe, Think*  
*Headspace*  
*Liberate*

[This](#) Youtube channel offers introductory videos related to mindfulness and self-care.

Check out mindfulness programming through the [Interfaith Center at Suffolk](#)

NOTE: While meditation and yoga may have arisen out of religious traditions, many persons are able to benefit from secular applications as well.

## Feeling Overwhelmed? Try a Grounding Exercise

Take a moment. Close your eyes and identify 3 sounds, smells, or body sensations you are aware of in this immediate moment. Notice and focus on the details of each of these. Observe how you feel before and after.

## 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



[www.blessingmanifesting.com](http://www.blessingmanifesting.com)

# REFUEL

## You are Important

Taking care of your body is fundamental to resilience and coping. Create or maintain routines which allow you to attend to your physical needs.



## Sleep

Humans need at least 7-8 hours of sleep per night. Check out these sleep hygiene tips and resources:

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

## Eat Well

Maintain a healthy eating routine, notice when you haven't eaten in a while or are eating more often.

Check out the [Suffolk CARES Food Pantry](#)



## Exercise

Moving your body is essential.

Go for a walk with friends. Stretch. Check out the [Suffolk fitness center](#) or a [free virtual free exercise class](#).

As the weather cools, find creative ways to keep moving.

# CONNECT



## Why Connect?

- To decrease loneliness, stress, depression, and anxiety
- To acknowledge collective trauma and experience solidarity
- To experience love and belonging
- To give and receive care and compassion

## Find Healing Connections with Self and Others

- CHW [Support Groups or Workshops](#)
- [Center for Student Diversity and Inclusion](#)
- [Suffolk Interfaith Center](#)

## Engage in spiritual, secular, or religious practices

Find local or online spiritual communities through the [Suffolk Interfaith Center](#).

## Combat Zoom Fatigue

*Zoom fatigue is real*, but sometimes it's our only option. Try these tips to improve your experience:

- Practice Unplugging (see above) for period of time each day.
- Avoid multi-tasking during Zoom meetings. Focusing on the content of a virtual meeting will give your brain a needed break.
- If you can, turn your camera on for a more connected experience. Take time to look at other faces on the meeting so you feel more connected.

[Animal/Nature livecams!](#)

# DO SOMETHING

It can be challenging to stay motivated when everything around us seems chaotic and scary. But doing something – helping yourself, supporting others, or engaging in civic action – can lessen some of the uncertainty.

**We are not powerless** to help ourselves or others. What you do doesn't have to be huge – every action is important.

## 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.

[Activism, service, and generosity](#) are a few ways to promote a sense of empowerment and contribution.

Check out Election related programs through Suffolk.

Learn about Vision Boards [here](#).

[Student Involvement at Suffolk](#)

## Wholeness

Prioritizing your self-care is important, and may be what's needed most for you. Consider your needs using *Maslow's Hierarchy of Needs*:

## Connect with your Values

Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

[Online values card sort](#)

[Printable version](#)



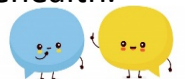
# Additional Resources

## RESOURCES on campus

[Center for Student Diversity and Inclusion](#)  
[Interfaith Center](#)  
[Center for Community Engagement](#)  
[Student Affairs/CARE](#)  
[Office of Disability Services International](#)  
[Student Services Office Counseling, Health and Wellness](#)  
[Smith Fitness Center](#)  
[Student Leadership and Involvement](#)  
[Residential Life](#)  
[Law School Dean of Students](#)

Visit [Counseling, Health and Wellness](#).

We are offering individual and group services to students via telehealth.



**You can reach us M-F 9AM-5PM  
(617) 573-8226**

**Follow CHW on social media!  
@su\_supers**



**Check out CHW Online  
Resources**  
[Self-Help](#)  
[TAO Connect](#)

## NEED IMMEDIATE SUPPORT?

**National Suicide Hotline  
888-273-TALK**

**Call CHW (24/7)  
Crisis appointments  
After-hours support  
617-573-8226**

THANK YOU to our colleagues at other institutions for sharing their resources; content was adapted from Michigan State University, Penn State University, and California State University at Long Beach. ❤️