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.
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.
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](#)

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/insense
  - Comforting smells

- **Taste**
  - Strong flavors
  - Warm drinks
  - Nostalgic flavors

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

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

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

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.
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.

**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

**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.

**Activism, service, and generosity** are a few ways to promote a sense of empowerment and contribution.

Check out Election related programs through Suffolk.

**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](https://www.viacs.org) to identify your strongest traits.

**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](https://simplepsychology.org/maslow-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](#)

[Image from simplepsychology.org](#)
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. 💜