TOP 6 COPING TIPS
Election 2020

De-stress so you can keep going.

SELF CARE
Focus on the basics. Prioritize eating healthy meals, sleeping 7 hours or more, and moving your body.

GET OFFLINE
Reduce your daily consumption. Take planned breaks of several hours to days at a time.

CONNECT
Make time to connect with supportive people, communities, or organizations. Balance election-related discussions with "time-outs" to focus on other topics.

HELP OTHERS
Support a friend, get involved in community action, learn more about issues which are important to you.

SET BOUNDARIES
Avoid unproductive or harmful conversations. Logout or find a reason to exit. Seek support and/or self-care after a triggering or upsetting interaction.

SELF-COMPASSION
It's OK not to be OK. Give yourself time to feel, seek support, and take a break.

YOU ARE NOT ALONE
Connect with Suffolk election support and events.

Seek help if you need it: Counseling, Health & Wellness /www.suffolk.edu/chw
617-573-8226