

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

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