

TIPS FOR SELF CARE: Coping with Election Stress



Pre-Election

- Maintain a healthy eating, sleep, and exercise routine
- Register to vote and take actions based on your values
- Engage in productive dialogue and set boundaries when necessary
- Limit your daily media consumption
- Focus on what you can control: don't get carried away with early voting data
- Remain consistent with your mental health care

Election Day

- Exercise your right to vote (if you haven't already)
- Maintain your normal routine and focus on current tasks
- Connect with people in your life who keep you grounded
- Acknowledge and accept all your feelings
- Take breaks from social media and election coverage
- When staying informed, utilize trustworthy media sources

Post-Election

- Volunteer for organizations that support your values
- Focus on what you are grateful for
- Continue to practice self-care
- Use the election to inspire your purpose and act on your values
- Process your reactions with supportive friends, family, or your community

The UMD Counseling Center is here to support students who may be struggling before, during or after the election. Please call **301-314-7651** to connect with a counselor.



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