

PEERS: Election Stress Kit

Tips and Resources with the current national discourse



UNPLUG: Limit your consumption of social media and the 24-hour non-stop images. It's important to stay informed, but creating boundaries is important.

BE PRESENT: Use reflection to recognize your inner thoughts and feelings. Be curious and non-judgmental and give yourself permission to feel the way you do. Although avoiding can be useful, "stuffing" or ignoring strong emotions can have negative impacts.

REFUEL: Focus on restoring yourself with rest and healthy food. Drink water and try to limit caffeine. Move a little every day. Take a walk; look at the sky; be in nature. Journal or meditate. Make art or watch funny videos. Read something fun.

CONNECT: Engage with supportive friends and allies. Talk about current issues, if needed, but be aware of when you're feeling overwhelmed. Not everyone will share your perspective, so it's OK to limit your topics and avoid heated conflict. Reach out to supportive services on-campus, including Student Health Services.

DO SOMETHING: Channel what you're feeling into positive, meaningful activity. Be informed and proactive around issues that matter to you. Find ways to engage in your community through advocacy in ways that fit for you.

Unplug

Stay informed, but know your limits:

Monitor how you feel after news consumption. Feeling preoccupied or even upset by national events may be a sign to cut back on your news intake and limit social media discussions.



Consider scheduling a short block of time in the morning and one in the evening to catch up on news without checking for every new update during the day.

During “digital breaks,” take time to focus on something enjoyable, such as a hobby, exercising, being in nature or spending time with family and friends.

Be Present

Consider practicing **self-compassion** as you work through challenging or uncertain times. Try some of these exercises compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

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

Grab your phone and your earbuds and head outside for a guided mindful walk to de-stress.

Top Meditation Apps in the U.S. for February 2020 by Downloads			SensorTower		
Overall Downloads		App Store Downloads		Google Play Downloads	
1	Calm	1	Calm	1	Calm
2	Headspace	2	Headspace	2	Headspace
3	Meditopia	3	Breethe	3	Meditopia
4	Breethe	4	Meditopia	4	Synctuition
5	Synctuition	5	Synctuition	5	Insight Timer
6	Insight Timer	6	Insight Timer	6	Let's Meditate
7	Meditation App	7	Meditation App	7	Aura
8	Abide	8	Abide	8	Deep Meditate
9	Sanity & Self	9	Sanity & Self	9	Abide
10	Aura	10	Aura	10	Stop, Breathe & Think

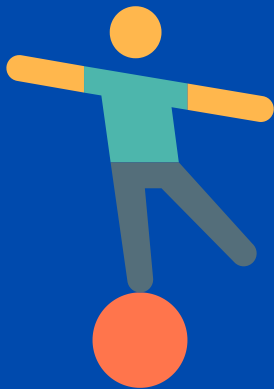
Grounding

Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Pause what you are doing and pay attention to what you can see, hear, smell, and touch in your environment.

Refuel

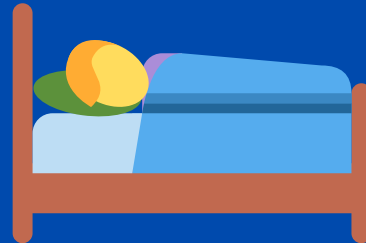
Balance

A national election during COVID? Focusing on your well-being is more important than ever! Trying to keep a balance in most areas of your life will help you roll through challenging days more smoothly and keep you on the road to wellness!



Sleep

Is your sleep schedule irregular? Are you sleeping more than you want to be? Are you having trouble falling asleep? If the answer to any of these questions is "yes," you may benefit from these [sleep hygiene tips and resources](#)!



Eating and Nutrition

For tips, guidelines, and health information, this is a [great resource](#)! and here's a helpful [nutrition resource](#)! You can also check out the [SRJC Bearscub Food Pantry](#).



Exercise

Our very own [Tara Jacobson's](#) Youtube channel offers a TON of FREE virtual yoga & pilates classes for students! Want something more intense: check out some HIIT videos by [PopSugar](#)!



Connect

WHY CONNECT?

- to decrease loneliness, stress, depression, and anxiety
- to acknowledge collective trauma and experience solidarity
- to share love and belonging with others
- to give and receive care and compassion



WAYS TO CONNECT VIRTUALLY!

- Netflix Party
- Zoom Dance Party!
- TikTok Challenges
- Virtual Support Groups
 - Book Clubs
- Among Us Streaming Party
- Spotify Group Listening
- Virtual group Workouts

SELF CONNECTION



Connect with your body and mind through meditation, exercise, or self affirmations

FIVE WAYS TO BUILD STRONGER CONNECTIONS

by robert reffkin

Write a letter

Pick up the phone & call

Ask meaningful questions

Answer questions with honesty

Connect via video

Do Something

It can be challenging to stay motivated when everything around us seems chaotic and scary. But doing something – some action, no matter how small – can lessen some of the uncertainty.

What you do doesn't need to be political – taking a step to stand up for or stand in for a person or a cause or the environment means we're not powerless.

Check out the ideas on this page!



Lean on your **STRENGTHS**

Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose.

Connect with your **VALUES**

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



WHOLENESS

Think about what makes you feel whole, grounded, or like you.

It can be helpful to consider

Maslow's Hierarchy of Needs.



Join a **club** on campus

Talk to your **Student Government**
Representatives

Become a student
employee

 **jobspeaker**



Additional Resources

SRJC Campus Resources



- [Student Health Services](#)
- [Clinical Services](#)
- [Mental Health Services](#)
- [DRD Resources](#)
- [International Students Support](#)
- [Food Resources](#)
- [Our House](#)
- [Intercultural Center](#)

Feel free to check out our [Wellness Magazine](#) for some recipes, fitness, meditations, and more!



We are offering virtual mental and physical health appointments!

Need Immediate Support?



Need help?

Text: "**courage**" To: **741741**

FREE. 24/7. CONFIDENTIAL.

Many of us will experience a mental health challenge in our lifetime. All of us have a reason to speak up.

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