

**UNPLUG**

**BE  
PRESENT**

**DO  
SOMETHING**

*Managing*  
**ELECTION  
STRESS**

**RE-FUEL**

**CONNECT**

## UNPLUG

Limit consumption of social media. Stay informed while setting boundaries. Consider taking "digital breaks" and focusing this time on something enjoyable.

## BE PRESENT

Reflect on your feelings, giving yourself permission to feel the way you feel. Use the RAIN strategy to explore your reactions. Take a mindful walk. Self-soothe with your 5 senses (sight, sound, touch, taste, smell).

## RE-FUEL

Restore yourself with rest, water, and nutritious food. Move your body a little each day. Take time to journal, meditate, or draw. Do something that makes you laugh.

## CONNECT

Engage with supportive friends through texting, calling, and writing. Visit Coping with Covid for resources, including virtual activities. Seek additional assistance from Counseling Services or other professionals.

## DO SOMETHING

Channel what you are feeling into proactive, meaningful activity. Create a vision board outlining your goals. Focus on your unique talents by taking the VIA Character Strengths Survey (free).