

TIPS FROM MORRIS LET'S THRIVE

PREPARING FOR THE ELECTION

FOR STUDENTS



ELECTION PREPAREDNESS

NOT SURE HOW TO HANDLE ELECTION STRESS?

Read through these considerations or tips to help manage election related stress and uncertainty in the weeks prior to, during and after the 2020 election

ATTEND TO YOUR PHYSICAL AND MENTAL HEALTH

- Get adequate sleep
- Make time to eat breakfast, lunch and dinner
- Connect with others and make time to ensure you're connecting socially with your friends or family
- Do something you enjoy. Listen to music, exercise, read, watch a funny movie or play a game with friends



TALK TO YOUR PROFESSORS AND/OR WORK SUPERVISORS



Consider blocking off some work hours, in advance if possible to ensure you have support and time to process the election. Consider the potential to find flexibility in your weekly plans the week after the election. Acknowledge that you may feel distracted and disengaged in the lead up to and following the election and be proactive to discuss your situation with your faculty,

OFFER YOURSELF AND OTHERS RADICAL EMPATHY

Offer other students, friends, faculty & staff and yourself radical empathy as we come together across our differences as one University community



UTILIZE HELPFUL CAMPUS RESOURCES



If the stress related to the election becomes unmanageable, consider the need to get support from Student Counseling, Disability Resources, the Office of Academic Success or your advisor.