TAKE A TIME OUT FROM SCREENS
Doomscrolling doesn't just burn out your phone battery, it can burn you out as well. Try taking a step back from social media and the news. Instead, do something you enjoy. Yoga, running, binge watch a series.

CONNECT AND SUPPORT
Seek out ways to connect with others and find ways to provide them with support. You may find yourself feeling better by helping others feel better.

PICK YOUR BATTLES
Debating is not likely to change anyone's mind; however, it can leave you feeling angry and depleted.

BE PRODUCTIVE
When feeling hopeless, focusing on activities that bring you a sense of achievement can improve your mood. Tackle an activity you have been putting off that may be a bit of a challenge. Maybe it's time to:
- Reorganize your closet.
- Try a new recipe.
- Finish reading a novel.
- Clear out your inbox.

TRY BEING MINDFUL
Download an app to help you practice slowing down, being present, removing judgement, and practice mindfulness. ex. Insight Timer, Calm, Headspace.

ELECTION SEASON CAUSING YOU STRESS?

Having strong emotional reaction during election season is NORMAL and there are ways to cope and ease distress.

Recent APA poll showed that 68% of adults are reporting stress this election season. You are not alone.
TRY SOME SKILLS

USE YOUR 5-SENSES

Self-soothe:
Look at something pleasurable
Listen to music you enjoy
Smell a perfume or candle
Taste a comforting food
Touch/pet a fluffy animal

Practice grounding yourself.
Name:
5 things you can see
4 things you can feel
3 things you can hear
2 things you can smell
1 thing you can taste

BREATHE A BIT DEEPER
Inhale for 4 seconds
Hold for 3 seconds
Exhale for 4 seconds
Hold for 3 seconds
Repeat

CHANGE YOUR BODY TEMPERATURE
Different water temperatures can affect our moods.

Cold helps us feel less angry or overwhelmed. Try splashing cold water on your face.

Hot helps us feel relaxed and less sad. Try taking a hot shower.

PROGRESSIVE MUSCLE RELAXATION
Systematically tense and relax your muscles focusing on one muscle group at a time. Focus on the feeling of the release.

REACH OUT FOR SUPPORT

SCHEDULE A TELEHEALTH SESSION WITH A THERAPIST
reach out to counseling@drexel.edu