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 the Counseling and Wellness Center.

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.
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.

Mute news notifications and 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.

Check out this video or this NPR podcast for some more tips for “unplugging” and coping during a stressful election time.
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.

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

**Top Meditation Apps by Downloads in the U.S. for 2018**

<table>
<thead>
<tr>
<th>Rank</th>
<th>App</th>
<th>Downloads</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Calm</td>
<td>3,456,789</td>
</tr>
<tr>
<td>2</td>
<td>Headspace</td>
<td>2,109,876</td>
</tr>
<tr>
<td>3</td>
<td>Insight Timer</td>
<td>1,890,567</td>
</tr>
<tr>
<td>4</td>
<td>Aura</td>
<td>1,987,654</td>
</tr>
<tr>
<td>5</td>
<td>Simple Habit</td>
<td>1,500,234</td>
</tr>
<tr>
<td>6</td>
<td>Breathe</td>
<td>1,300,456</td>
</tr>
<tr>
<td>7</td>
<td>10% Happier</td>
<td>1,200,567</td>
</tr>
<tr>
<td>8</td>
<td>Me</td>
<td>1,000,876</td>
</tr>
<tr>
<td>9</td>
<td>BetterMe</td>
<td>890,765</td>
</tr>
<tr>
<td>10</td>
<td>Pacifica</td>
<td>678,543</td>
</tr>
</tbody>
</table>

**This** Youtube channel offers introductory videos to mindfulness and guided meditations.

CWC would like to acknowledge that mindfulness originated in Eastern spiritual traditions, namely Buddhism, and has since been popularized in Western countries in ways inconsistent with its original purpose.

**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.

**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/insense
  - Comforting smells

- **Taste**
  - Strong flavors
  - Eat slowly
  - Nostalgic flavors

www.blessingmanifesting.com
Balance
A national election during COVID-19? 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!

https://www.sleepfoundation.org/articles/sleep-hygiene

Eating and Nutrition
For tips, guidelines, and health information, this is a great resource!

And here is a helpful video about healthy diet!

Exercise
UDC Campus Recreation offers FREE virtual group fitness classes for students:
https://www.udc.edu/student-center/fitness-recreation-services/#1597973585105-cc6dddad-35a3

Popsugar offers more resources for healthy habits!
Amazing support groups for EVERYONE and all topics!
Virtual book clubs
Virtual karaoke on Google Hangouts
Zoom dance party
Netflix Party
House Party app
TikTok Challenges
Virtual group workouts

Why Connect?
- To decrease loneliness, stress, depression, and anxiety
- To acknowledge collective trauma and experience solidarity
- To experiencing love and belonging
- To give and receive care and compassion

Connect virtually
- Write a letter
- Pick up the phone and call
- Ask meaningful questions
- Answer questions with honesty
- Connect via video

Spiritual Connection
Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).

Loving-kindness meditation
Find local or online spiritual communities
Animal/Nature live cams!
https://nationalzoo.si.edu/webcams/panda-cam

Zoom fatigue is real, but sometimes it’s our only option. So how do we connect without MORE stress? Try these tips:
- Establish “no screen” blocks of time in your day – times when you don’t have classes, meetings, etc. (See “UNPLUG” above)
- While turning off your camera during class can be a relief, make sure you don’t do it all the time. Leaving your camera on, even if you can only see your instructor and one other brave student, can help you feel connected and more focused on content.
- Avoid multi-tasking. Even though it can be tempting to use more than one device at a time or check emails and respond to texts while Zooming, focusing on the content of the meeting will actually give your brain a break! And we all need a bit more peace and focus right now!
Connect with your Values

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

- https://www.think2perform.com/our-approach/values/new

Lean on your STRENGTHS

Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose. Try taking this survey to identify your strongest traits: https://www.viacharacter.org/character-strengths

Activism, service and generosity are a few ways to promote a sense of empowerment and contribution when we may be feeling helpless. Want to have a voice in local or national politics? Check out: https://peoplesschooldc.wordpress.com/local-resources-and-organizations-in-greater-dc/ for ideas!

Wholeness

Think about what makes you feel whole, grounded, or like you. It can be helpful to consider Maslow’s Hierarchy of Needs.

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!

Learn about Vision Boards here: https://medium.com/ideas-into-action/how-to-create-the-perfect-vision-board-ab737297c02c

UDC Clubs & Orgs: https://www.udc.edu/student-life/clubs-organizations/
RESOURCES on campus

Center for Diversity Inclusion and Multicultural Affairs
Division of Student Development and Success
Student Achievement Services and Student Life
University Health Services
Office of the Accessibility Resource Center
Office of International Student Services
Office of Career Services
Center for the Advancement of Learning
Academic Advising Center
COVID-19 Student Resources

Visit the Counseling and Wellness Center webpage

We are offering virtual individual counseling services to students.

You can reach us at 202.274.6000

Check out Counseling and Wellness Center online resources!

Stress Relief and Relaxation Exercises
Self-Help Resources
Online Mental Health Screenings

Questions and concerns about mental health? Check out the JED Foundation's Mental Health Resource Center.

UDC Campus, Community, and Emergency Resources

Need Immediate Support?
Suicide Prevention Hotline: 1.800.273.TALK
Crisis Text Line: Text START to 741-741
DC Access Helpline: 1.888.7.WE.HELP
Call 911

THANK YOU to our colleagues at other institutions for sharing their resources. The information in this document was adapted from Penn State Harrisburg, which included resources from Michigan State University and California State University at Long Beach. 😊