The aftermath of the 2020 Presidential Election has been felt on our college campus. This election brought unprecedented attention to our political system and put our differences into stark relief. Before, throughout, and after Election Day our campus remains a place where dialogue, engagement, political action, and student activism are all in a pivotal moment.  This election has also brought about concerns about safety balanced against a need to engage in conversation across difference.

**How do we restore relationships around shared hopes and dreams?**

**How do we refocus on the work of governing and finding ways to achieve the common good?**

**What's next?**

**How do our common values and a shared desire to solve pressing problems help us move forward together.**

**In what ways are we providing a space for reflection, self-care, and dialogue simultaneously?**  (i.e. Navigating Change group or Chat Boxes)

**How does online/social media platforms promote dialogue (or stifle debate)?**

**While We Wait for the Results**

**Process your emotions** – acknowledge what you’re feeling so you can work through it

  If you feel yourself spiraling out of control, **try grounding techniques.**

[**Practice breathing exercises**](https://www.calm.com/breathe) to calm your mind, manage stress, and re-center yourself.

  If you’re feeling angry, [**honor**](https://theconversation.com/stressed-by-election-results-try-neuroscience-68319) it.

  Use the [**mindfulness**](https://www.mindful.org/mindfulness-how-to-do-it/) to get through anxious moments.

  Create a mantra to use during anxious thoughts.

  Beware of [**catastrophizing**](https://www.psychologytoday.com/us/blog/friendship-20/201611/5-ways-stop-catastrophizing) when you get anxious thoughts.

**Navigate social media use carefully**

  Limit your media consumption- get the information you need and get off.

  If you must be online, follow these tips for surviving social media.

  Pay attention and be attuned to how it’s [impact](https://www.healthline.com/health-news/headline-stress-disorder-when-breaking-news-is-bad-for-health#Take-a-break)ing your well-being.

  Know [how to identify and report](https://lifehacker.com/how-to-identify-and-report-hate-speech-on-social-media-1831018803) hate speech.

Encourage civility online.

**It may take weeks or months before there’s clarity with the election.**

Have an extended post-election plan to carry you through

  Regularly catch up with loved ones so that you’re less focused on the election aftermath

  Stay active! Stress impacts your [**body**](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-symptoms/art-20050987) so stay busy

[**Plan things to look forward to**](https://www.self.com/story/things-to-look-forward-to), even in a pandemic, to cope with uncertainty

**Find ways to create joy, and sense of accomplishment and control**

 Volunteer for a local organization or charity

 Perform random acts of [**kindness**](https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/kindness-matters-guide)

 Check in with community elders

 Try indoor gardening–an amazing [**stress reliever**](https://www.psychologytoday.com/us/blog/worry-and-panic/201505/petal-power-why-is-gardening-so-good-our-mental-health)!

**Set boundaries for yourself and others. Prioritize your well-being.**