

Resources for Election Stress and Beyond

The simultaneous crises of the COVID-19 pandemic, economic uncertainty, renewed calls for racial justice and this year's election are crescendoing into high levels of stress, tension, fatigue, fear and overwhelm for many UT employees.

We offer the following resources which may be a support to help navigate the spectrum of feelings you are encountering related to the upcoming election. As a gentle reminder, because we're all unique, the coping strategies that soothe or support a friend or colleague may or may not be what you're needing. You can try these different approaches to see what options might strengthen or expand practices already in your toolbox.

We also invite you to reach out via email or phone to schedule an appointment to connect with one of our counselors for individual support. [Counseling Services Page](#)

Handouts

[Intentionally Coping Well in Times of Stress](#)

[Container Imagery](#)

[Grounding Techniques](#)

[Resources for Nourishing our Nervous System](#)

Meditation

Mindfulness practices are simple yet powerful techniques to increase our connection to our immediate experience. These practices have very practical benefits in our lives such as improved concentration, increased energy, and better overall mood. EAP is offering guided mindfulness practices via the Zoom platform each Tuesday and Thursday from 5pm-5:15pm. Join us as we guide and instruct in mindful exercises that will help you feel more fully aware and present in the moments of everyday life. Sign up now through UT Learn. [Mindful Meditation](#)

[Four Elements Meditation Recorded Exercise](#)

Trainings available through UT Learns

- [Tending to Health and Wellness in Turbulent Times](#) – Natalie Neumann, MSSW
- [Cultivating Hope In Challenging Times](#) - Jamie Justus, LCSW, RYT
- [Being Well in the Midst of Racial Trauma](#) – Rakima Parson, LPC

[Eight Questions That Can Help You Survive Election Stress](#)

[Election Stress: It's Okay to Not Feel Okay—Tips for Coping](#)

[Five Ways to Cope with Politics-Induced Stress](#)

[Tips for Navigating Political Conversations at Work](#)

A Guide to Managing Election Stress from Jessica Yellin and Thrive Global

Consider a health news diet:

- 1) Turn off notifications—you don't need to know the minute news breaks.
- 2) Pick specific times of day to check the news.
- 3) Consult a handful of trustworthy sources.
- 4) Stick to your pre-selected sources to avoid going down rabbit holes.
- 5) When you're finished, close your eyes and take a moment for conscious breathing.

Then Recharge, Connect, Engage

Recharge

Microstep: If you're feeling stressed about the news, take a minute to meditate.

Why It Works: Pausing to breathe reduces stress and encourages resilience in the face of uncertainty. And neuroscience studies have shown we can course-correct from stress in as little as 60 seconds.

Connect

Microstep: Watch a funny video or share a meme with a friend

Why It Works: Research shows that deep, hearty laugh helps build resilience, induces relaxation, and even decreases our blood pressure. It's also a great way to connect with others on something unrelated to politics.

Engage

Microstep: Each day, find one small way to give that draws on your own talents.

Why It Works: Think about a skill you have and find a way to share it with someone else. It might not even be overtly political. Focusing on what you can do now will push back on any feelings of helplessness and allow you to have an impact.

Podcast

"However seriously we must take what's happening in the world and what the headlines are reflecting, it is never the full story of our time. It's not the last word on what we're capable of. It's not the whole story of us."

This podcast [Living the Questions](#) is an occasional [On Being](#) segment where Krista muses on questions from our listening community. On seeking hope and joy in troubling times: [Living The Questions](#)

Song

"The Keep Going Song" by the Bengson's https://www.youtube.com/watch?v=Cs-ju_L9pEQ

View this list of [resources](#), that has been put together by Cockrell School's Mental Health and Wellness Committee, that has information about self-care, mental health and wellness office locations at UT, as well as wellness activities.