

Post-Election Self-Care

This national election cycle has been a particularly stressful one. The CAPS staff want to acknowledge the range of reactions many of our community members are experiencing. You may find yourself within a circle of friends or classmates who do not share the same reactions as you. These interactions may evoke strong emotions and questions and may intensify your reactions.

We are here to listen and support you as our nation works through this election transition. If you are struggling with the personal impact of the election, the tone of the national discussions, or if you are experiencing negative treatment, threats or more subtle forms of oppression because of your race or ethnicity, sexual orientation, gender identity, religious affiliation, country of origin or other aspect of your identity, please schedule an appointment (860-685-2910).

CAPS provides a safe space for discussions on identity, empowerment, intercultural competency, and the impact of the election. As this is a highly emotional time for our nation, we recommend several strategies to care for yourself and help you remain productive throughout the semester including:

Acknowledge Feelings. It is normal to have a variety of reactions in response to grief. Those around you may be moving through their feelings in different ways. Allow yourself to feel what you feel and don't judge your personal experience or the experience of others.

Be mindful of the value of routine and take good care of yourself. Once the acute grief and shock have passed, many will find that attending to regular activities will be helpful, as will prioritizing basic self-care: eating good meals, getting adequate sleep, and letting yourself get some exercise.

Assemble your support people. Create your team of those of real, imaginary, fictional, famous, personal friends you want flanking you in support.

Seek Community. Allow yourself to remain connected to those around you and be buoyed by spending time with others. Attempt to find a balance between processing strong emotions and allowing a break from the intensity. Let yourself be distracted by a movie, spending time outside, or doing something you enjoy.

Consider limiting your intake of news and social media. If you feel distressed by what is in the media, give yourself permission to limit your consumption of Facebook, Twitter, etc.

Take the long view. Change and difficult times are inevitable parts of the human experience. Accept circumstances that cannot be changed even as you focus on changing what is possible.

Clarify your values. Use the week to decide what you really care about. Get involved with the people who are working on that. Sometimes when you feel powerless, it's best to find ways to empower yourself and others.

Articles

4 Self-Care Resources for Days When the World is Terrible

<https://www.colorlines.com/articles/4-self-care-resources-days-when-world-terrible>

6 Self-Care Tips for Sexual Assault Survivors

<http://www.teenvogue.com/story/self-care-tips-for-sexual-assault-survivors>

7 Agreements for Productive Conversations During Difficult Times

<http://nonprofitwithballs.com/2016/11/7-agreements-for-productive-conversations-during-difficult-times/#more-3892>

101 ways to take care of yourself when the world feels overwhelming.

<http://www.upworthy.com/101-self-care-suggestions-for-when-it-all-feels-like-too-much?c=ufb2>

Breathe. Exhale. Repeat: The Benefits of Controlled Breathing

<http://mobile.nytimes.com/2016/11/09/well/mind/breathe-exhale-repeat-the-benefits-of-controlled-breathing.html>

Establishing and Maintaining Healthy Sleep

<http://newsletter.blogs.wesleyan.edu/2016/09/13/collegesleep/?gaclick=featured>

From Fired Up to Burnt Out: 7 Tips to Help you Sustain a Life Committed to Social Justice

<http://blog.en.idealists.org/from-fired-up-to-burnt-out-7-tips-to-help-you-sustain-a-life-committed-to-social-justice/>

Here's Why You Shouldn't "Debate" with People Online

<http://everydayfeminism.com/2016/11/shouldnt-debate-with-ppl-online/>

How Sexual Assault Survivors Can Cope in Donald Trump's America

<http://fusion.net/story/369031/sexual-assault-survivors-donald-trump/>

Self-Care for Woke Folks

<http://everydayfeminism.com/2016/04/self-care-for-woke-folks/>

Speak Up: Responding to Everyday Bigotry

<https://www.splcenter.org/20150126/speak-responding-everyday-bigotry>

What Kind of Self-Care Do You Need

<https://themonumentquilt.org/wp-content/uploads/Self-Care.pdf>

Hotlines

CAPS After-hours on-call system (for urgent concerns that cannot wait until the following day): (860-685-2910)

To schedule an appointment, please call 860-685-3143 or email counseling@wesleyan.edu

Anti-Violence Project 24-Hour Hotline
212-714-1141

National Suicide Prevention Lifeline: 1-800-273-8255

The Trevor Project 24-Hour Hotline – Suicide prevention for LGBTQ Youth
866-488-7386
<http://www.thetrevorproject.org/>

Trans Lifeline – Suicide Prevention helpline for trans youth, staffed by trans individuals:
877-565-8860
<http://www.translifeline.org/>

GLBT National Youth Talkline
800-246-7743
<http://www.glnh.org>

GLBT National Hotline via GLBT National Help Center (They also have an online chat program)
888-843-4564
<http://www.glbthotline.org/>

Mental Health Mobile Apps

Utilize self-care apps such as Breathe2Relax (iPhone, Android); Mindshift (iPhone, Android); Stop, Breathe, Think (iPhone, Android); Headspace (iPhone, Android); Virtual Hope Box (iPhone, Android)

Meditations

Meditations for Election Stress

<http://www.10percenthappier.com/elections>

<https://soundcloud.com/sharonsalzberg/election-season-meditation-by-sharon-salzberg>