Post-Election Resources & Support

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.

**Discussing Difficult or Controversial Topics**

Boston Public Schools – Post Election Resources
http://bostonpublicschools.org/election2016

Guidelines for Discussing Difficult or Controversial Topics
http://www.crlt.umich.edu/publinks/generalguidelines

Post-election resources and support
http://www.washington.edu/teaching/post-election-resources-and-support/;

Returning to the Classroom After the Election Resources
https://www.bu.edu/ctl/author/mtrevett/
Difficult Dialogues
Vanderbilt University Center for Teaching
https://cft.vanderbilt.edu/guides-sub-pages/difficult-dialogues/

Post-election resources and support (Post-Election Community Conversation Topics)
University of Washington Center for Teaching and Learning
http://www.washington.edu/teaching/post-election-resources-and-support/

Returning to the Classroom After the Election
University of Michigan Center for Research on Learning and Teaching
http://www.crlt.umich.edu/node/93815

Teaching in Response to the Election
Vanderbilt University Center for Teaching

Resources for Teaching the Presidential Election and Other Controversial Topics
The Ohio State University, University Center for the Advancement of Teaching
http://ucat.osu.edu/blog/resources-teaching-presidential-election-controversial-topics/

Teaching the Election Reading Group
The Ohio State University, University Center for the Advancement of Teaching
http://ucat.osu.edu/events/teaching-election-reading-group-2016-09-15/

Teaching After the U.S. Election
Brown University’s Sheridan Center for Teaching and Learning:
https://www.brown.edu/about/administration/sheridan-center/

The Political Classroom: Evidence and Ethics in Democratic Education
By Diana E. Hess, & Paula McAvoy

The Importance of Self-Care
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

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.
Breathe. Exhale. Repeat: The Benefits of Controlled Breathing

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

Here’s Why You Shouldn’t “Debate” with People 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

Speak Up: Responding to Everyday Bigotry
https://www.splcenter.org/20150126/speak-responding-everyday-bigotry

What Kind of Self-Care Do You Need

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