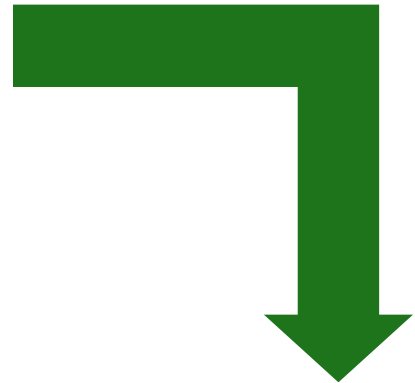


Coping With Biased Messages During Election Season

It's Not Just You

The 2024 election has heightened negative and biased messages about race, ethnicity, sexual orientation, gender identity, citizenship status, political affiliation, religious beliefs, and other identities.

Reading about, watching, or hearing discriminatory or othering statements is exhausting and can have a negative impact on your mood and well-being. It's important to notice how you are feeling and take steps to take care of yourself.



Suffolk is here for all students.



Signs To Look Out For

- Persistent negative thoughts about the election
- Feeling sad, irritable, numb or angry
- Feelings of helplessness and/or isolation
- Feeling like an “outsider” or difficulty trusting others
- Pressure to represent one’s community and defy stereotypes
- Feelings of self-hatred or shame
- Physical symptoms such as stomach aches, muscle tension and fatigue

While these feelings are normal, it is OK to need support. There are things you can do to reduce the impact of election-related stress.

Turn the page for more

Key Coping Skills

- Connect with your community
 - Reach out to people you trust and who support your identities
 - Make time to engage with your identity, cultural and/or faith communities
- Choose how you want to engage
 - Prioritize your own well-being
 - If you want and feel able, engage in advocacy, express disagreement or engage in dialogue with others who don't share your viewpoint
 - Give yourself permission to not engage and to walk away from situations
- Focus on taking care of yourself
 - Take care of your mind and body
 - Prioritize sleep, healthy eating, and moving your body
 - Make space for things that bring you joy
 - Take a break from news and social media
- Focus on what you can control
 - Allow yourself to feel your emotions
 - Commit to continuing to pursue your goals and uphold your values no matter the result of the election



Where Can I Find Community At Suffolk?

- **Center for Student Diversity & Inclusion:**
Sawyer Building, Room 828
(617) 573-8613
- **International Students Services Office:**
73 Tremont Street, 9th Floor
(617) 573-8034
- **INTO:**
73 Tremont Street, 4th Floor
(617) 573-8700
- **Office of Disability Services:**
73 Tremont Street, 9th Floor
(617) 573-8034
- **Student Leadership & Involvement:**
Sawyer Building, Room 320
(617) 573-8320
- **The Center for First-Generation and Educational Equity:**
73 Tremont Street, 7th Floor
(617) 725-4110
- **Suffolk Votes:**
sites.suffolk.edu/suffolkvotes

What If Self-Care and Community Aren't Enough?

You do not need to do this alone. There are two confidential, identity-affirming spaces at Suffolk. These offices serve students from all identities, backgrounds and political affiliations.

- **Counseling Services:** Visit CHW in person or call to schedule (73 Tremont, 5th Floor, 617-573-8226). Urgent same day appointments available 11am-5pm. 24-hour phone counseling available after-hours by calling 617-573-8226.
- **Suffolk Interfaith Center:** Visit the Interfaith Center in Sawyer 823 or call 617-573-8325. Confidential counseling with Reverend Amy Fisher (afisher@suffolk.edu) is available to students from all religious backgrounds.