



Dealing with Election Stress? 6 Essential Coping Tips for Students



Practice Relaxation Strategies

Headspace is free to all Suffolk students. Scan the QR code & use your Suffolk email address to sign up!



Take a Break From News and Social Media

Instead, get outside or do one action that brings you joy.

Maintain Respect For Differences

Remind yourself that everyone has a story whether you agree with them or not. At Suffolk, we strive to remain a respectful community, even when we disagree.

Take Care Of Your Body And Relationships

Focus on getting adequate sleep and eating enough and make time to spend with others you trust and care about

Do What You Can

Taking action like registering to vote, working the polls or volunteering can help you feel more empowered.

For ways to get involved check out <https://sites.suffolk.edu/suffolkvotes/>

Ask For Help When You Need It

Connect with people who care about you and validate your values and identities. CHW Counseling (617-573-8226) or the Interfaith Center (617-573-8325) are available for confidential support of students of all identities and political beliefs.

