Managing Election Stress

If you are registered to vote in Virginia, please check your registration info + polling location on the Board of Elections Citizen Portal. Remember that election outcomes may take time, and that everyone will process results differently and at their own pace.

1. **Unplug.** Limit your consumption of all media, including social media.

2. **Be present.** Take time to reflect and be curious about your thoughts and emotions.

3. **Refuel.** Drink water, take a walk, and enjoy nature. Do something that makes you happy.

4. **Connect.** Engage with friends and allies. Utilize supportive UVA services if you need to.

5. **Do something.** Channel emotions into positive, meaningful activity. If you choose to exercise your freedom of expression at rallies or demonstrations, review “10 Tips to Stay Safe in a Demonstration” from the Office of Emergency Management.

**UVA CAPS** will be offering extra “Let’s Talk” drop-in consultation hours on 11/3 and 11/10. These sessions are free and open to all UVA students. Pre-register + learn more on the Let’s Talk webpage.

**UVA Multicultural Student Services** will be hosting several virtual processing spaces for students on 11/4 + 11/9. Click the link in their Instagram bio to register.

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**MORE LINKS TO EXPLORE:**

- UVA Well-being Guides
- UVA CSC Events
- UVA Election 2020 Events
- Silvercloud
- Stall Seat Journal

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Who to follow on social media for election-related events + resources:

- @uvaodos
- @uvahealthyoos
- @mss_uva
- @uva_caps
- @center4politics
- @uvadiversity
- @uvawomenscenter
- @uvamillercenter

*Click on an account to go to their Instagram!