

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.



Schedule a short block of time in the morning and evening to read news, rather than checking throughout the day.



Prioritize your sleep schedule. Check out this [healthy sleep well-being guide](#) for tips!



Connect with peers in a safe space by logging onto a [virtual CAPS support circle](#).



Grab your headphones and head outside for a [guided mindful walk](#) to destress.



**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.

## UVA Election Support for Diverse Communities

*Anxious about the election? We’re here to help.*

- 1. Reach out to staff to discuss:**  
[multicultural@virginia.edu](mailto:multicultural@virginia.edu)
- 2. Schedule an appointment to meet:**  
<https://multicultural.virginia.edu/professional-staff>
- 3. Join a program discussion:**  
Follow us on [social media](#) for details
- 4. Stop by the Centers in Newcomb Hall:**  
Professional staff are here to support you! All Centers will be open Monday - Friday, 10am-3pm and 5pm-8pm. The spaces, with COVID-19 protocols in place, are open for students to hang out, talk, and process.



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

@uvaodos                      @uvahealthyhoos

@mss\_uva                      @uva\_caps

@center4politics              @uvadiversity

@uvawomenscenter            @uvamillercenter

*Click on an account to go to their Instagram!*

## MORE LINKS TO EXPLORE:

UVA Well-being Guides

Silvercloud

UVA CSC Events

UVA Election 2020 Events

Stall Seat Journal

