



TIPS FOR SELF CARE:

Coping with Election Stress

Pre-Election

- Maintain a healthy eating, sleep, and exercise routine
- Register to vote and take actions based on your values
- Engage in productive dialogue and set boundaries when necessary
- Limit your daily media consumption
- Focus on what you can control: don't get carried away with early voting data
- Remain consistent with your mental health care

Election Day

- Exercise your right to vote (if you haven't already)
- Maintain your normal routine and focus on current tasks
- Connect with people in your life who keep you grounded
- Acknowledge and accept all your feelings
- Take breaks from social media and election coverage
- When staying informed, utilize trustworthy media sources

Post-Election

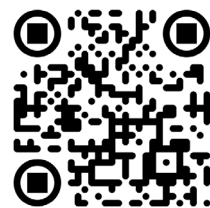
- Volunteer for organizations that support your values
- Focus on what you are grateful for
- Continue to practice self-care
- Use the election to inspire your purpose and act on your values
- Process your reactions with supportive friends, family, or your community

The Personal Assistance Service

is here to support employees before during and after the election.

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