Post-Election Self Care
Student Counseling and Psychological Services (CAPS)
Student Wellness, UNLV
(702) 895-3627

There is no one way to face difficult times. How people choose to do self care is ultimately personal. With this in mind, the following are offered for your consideration.

1.) Maintain your normal routine and engage in healthy activities. It is important to maintain your regular routine and find ways to participate in activities that provide balance in your life. Try not to withdraw. Consider exercise, alone or with others, as a way to induce feelings of well-being.

2.) Get your sleep. Aside from breathing, eating and drinking, there is likely no more important function to our survival and well-being than sleep. The vast majority of us need approximately eight hours of sleep a night to feel rested, relaxed and capable of meeting the next day’s challenges. At times of stress, quality sleep is even more important. So make sure to take care of yourself simply by going to sleep in good time and giving yourself permission get your zzz’s. For helpful sleep tips, check out these links: [http://www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips](http://www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips)

3.) Practice acceptance. Try self-soothing strategies like taking a walk, meditating, mindfulness exercises, listening to music, or whatever you find helpful. It is now time for you to take care of yourself.

4.) Practice reflection and pay attention to your early awareness signs. Allow yourself some time to reflect on your reactions, your personal history, and ways that your values and well-being feel threatened. If you can watch your own reactions to stress, you can then address them. This might be a tightening of your throat, tension in your muscles, negative evaluations of the other person, or an impulse to act out.

5.) Seek community. This is an opportunity to show that you can elevate conversations, take a higher path, and engage in positive conversation. Sharing experiences and ideas with others can be a way to strengthen positive community values and shared identities. By helping to do this, you may feel good about yourself! There are a number of groups on campus that you may want to consider joining if you have not yet joined.

6.) Limit your intake of news and social media. If you feel distressed by what is in the media, for the moment, limit your consumption of Facebook, Twitter and other social media sources that are likely to be full of distressing material. This also includes watching and reading the news. There are apps and websites such as [LeechBlock](https://leechblock.com), or [SelfControl](https://www.selfcontrolapp.com/) that can help you by temporarily blocking access to social media or certain websites.
6.) **Be thankful.** Jotting down 10 to 15 things you are grateful for – such as your health or your family – can help you maintain perspective. The list will remind you of the people and things that provide you with strength and support.

7.) **Acknowledge feelings:** Reactions to events vary from person to person. Some experience intense feelings while others experience nothing at all. Allow yourself to feel what you feel and don’t judge your personal experience or the experience of others.

8.) **Utilize your supports and resources:** Many people have a natural tendency toward isolation when feeling triggered or emotional. Reach out to those around you, family and friends, who may be experiencing similar feelings. Utilize support groups or other resources in your community.

9.) **Take the long view.** Change and difficult times are inevitable parts of the human experience. Accept circumstances that cannot be changed even as you focus on changing what is possible.

10.) **Clarify your values.** Use the week to decide what you really care about. Get involved with the people who are working on that. Sometimes when you feel powerless, it’s best to find ways to empower yourself and others.

11.) **Support others.** Just as receiving support is important to healing and well-being, so is offering emotional support to others who need it. If you have a friend, neighbor, family member or colleague who is struggling and you are in a place to provide support, know that this may be as beneficial to you as it is to them. Listening and being supportive allows us to develop perspective and to feel useful in times of challenge.

12.) **Volunteer.** Similarly, because crisis can leave us feeling confused, helpless and overwhelmed, a truly meaningful way to cope with these emotions is to give back in practical ways. Whether this means volunteering your time at a local food bank, offering to help with your college’s efforts to support individuals affected by the trauma, simply donating money to a relevant charity, volunteering can help you feel directed and purposeful in a way that benefits all.

13.) **Make a spiritual connection.** For those people who belong to a faith community, reaching out to a spiritual leader or congregation for counsel and support can be both meaningful and reassuring. For those who are not religious, turning to meditation, time spent in nature or other forms of quiet contemplation can be healing, as well. **Insight Timer** is an app with many free excellent visualizations and meditations, including ones for sleep.
CAMPUS RESOURCES:

Seek Counseling. Should you find that the event that distresses you is impacting you in an ongoing way and that it affects your ability to function at work, at home or just day-to-day, feel free to consult with one of our counselors at CAPS. We are here to help you explore your concerns, develop positive coping strategies and get back to yourself again. Our services are confidential and free of charge. Contact (702) 895-3627 M-TH 8-6 & F 9-5. Learn more by visiting our website: https://www.unlv.edu/srwc/caps/about

Jean Nidetch Women’s Center: https://www.unlv.edu/srwc/womens-center
Crisis Services: https://www.unlv.edu/srwc/crisis-emergency-services
Self-Help Resources: https://www.unlv.edu/srwc/caps/self-help-resources