

Tips for Managing Socio-Political Stress

..... **Created for Aggies by Aggies**

These tips were inspired by and adapted from lists created by the American Psychological Association, Texas Woman's University, University of Michigan and Boston University.

- ▶ **Acknowledge your feelings.** Allow yourself time to feel what you feel and know that your feelings are valid.
- ▶ **Reach out to people you trust.** Talk to people who support you, respect you and listen to you empathetically without judgement.
- ▶ **Stay informed, but know your limits.** If the political climate is triggering, limit your intake of news and social media.
- ▶ **Set boundaries.** Step away from conversations or spaces that do not validate your lived experience.
- ▶ **Practice self-care.** Check-in with yourself daily and do what you need to take care of yourself.

..... **Additional Tips from UC Davis Students**

Set boundaries with social media (and with family and friends). If you're scrolling on social media due to boredom, try practicing self-care instead.

Use a journal to write down your feelings or thoughts about the political climate.

Focus on what you can control – channel your energy with activism or volunteer work if you're able to add this to your schedule.

If stress starts to interfere with your daily activities and academics, consider reaching out to a licensed mental health professional. You can schedule a no-cost video or phone appointment with Counseling Services by calling **530-752-0871** or through Health e-Messaging at <https://hem.ucdavis.edu/home.aspx>. For more information on how to make a mental health appointment, visit bit.ly/mwbresources.