UNPLUG
Limit your consumption of social media and the 24-hour non-stop images. It’s important to stay informed, but creating boundaries is important.

BE PRESENT
Use reflection to recognize your inner thoughts and feelings. Be curious and non-judgmental and give yourself permission to feel the way you do. Although avoiding can be useful, “stuffing” or ignoring strong emotions can have negative impacts.

REFUEL
Focus on restoring yourself with rest and healthy food. Drink water and try to limit caffeine. Move a little every day. Take a walk; look at the sky; be in nature. Journal or meditate. Make art or watch funny videos. Read something fun.

CONNECT
Engage with supportive friends and allies. Talk about current issues, if needed, but be aware of when you’re feeling overwhelmed. Not everyone will share your perspective, so it’s OK to limit your topics and avoid heated conflict. Reach out to supportive services on-campus, including CSB/SJU Counseling and Health Promotion.

DO SOMETHING
Channel what you’re feeling into positive, meaningful activity. Be informed and proactive around issues that matter to you. Find ways to engage in your community through advocacy in ways that fit for you.
Stay informed, but know your limits:
Monitor how you feel after news consumption. Feeling preoccupied or even upset by national events may be a sign to cut back on your news intake and limit social media discussions.

Consider scheduling a short block of time in the morning and one in the evening to catch up on news without checking for every new update during the day.

During “digital breaks,” take time to focus on something enjoyable, such as a hobby, exercising, being in nature or spending time with family and friends.

Check out this video for some more tips for unplugging during a stressful election time.
Consider practicing self-compassion as you work through challenging or uncertain times with these guided meditations compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

Grab your phone and earbuds -- head outside for Guided Mindful Walk to destress.

Top Meditation Apps
by Downloads in the U.S. for 2018
sensortower.com

- Calm
- Headspace
- Insight Timer
- Aura
- Simple Habit
- Breathe
- 10% Happier
- BetterMe
- Pacifica
- Abide

Introductory YouTube videos to Mindfulness & Guided Meditations

Listen to nature and soothing Tibetan singing bowls

Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Pause what you are doing and pay attention to what you can see, hear, smell, and touch in your environment.
**Balance**

A national election during COVID? Focusing on your well-being is more important than ever! Trying to keep a balance in most areas of your life will help you roll through challenging days more smoothly and keep you on the road to wellness!

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**Sleep**

Is your sleep schedule irregular? Are you sleeping more than you want to be? Are you having trouble falling asleep? If the answer to any of these questions is "yes," you may benefit from these sleep hygiene tips and resources!

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**Eating and Nutrition**

For helpful eating and nutrition tips, guidelines, and health information, this is a great resource!

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**Exercise**

Check out recreational opportunities for Bennies and Johnnies!

Popsugar offers more resources for healthy habits!
To decrease loneliness, stress, depression, and anxiety
To acknowledge collective trauma and experience solidarity
To experiencing love and belonging
To give and receive care and compassion

Spiritual Connection
BENNIES JOHNNIES
Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).

Find local or online spiritual communities

Animal/Nature Live Cams!
Loving Kindness Meditation

Why Connect?

Connect
CSB/SJU Counseling & Health Promotion - CHP

Five ways to build stronger connections
- Write a letter
- Pick up the phone and call
- Ask meaningful questions
- Answer questions with honesty
- Connect via video

Connect Virtually

- Zoom Dance Party
- Netflix Party
- House Party App
- TikTok Challenges
- Virtual Group Workouts
- Amazing Support Groups for EVERYONE and all topics!
- Virtual Book Clubs
- Virtual Karaoke on Google Hangouts

Connecting ... Connecting ... Connecting ... Connecting ...

Zoom fatigue is real, but sometimes it’s our only option. So how do we connect without MORE stress?

Try these tips:
- Establish “no screen” blocks of time in your day – times when you don’t have classes, meetings, etc. (See “UNPLUG” above)
- While turning off your camera during class can be a relief, make sure you don’t do it all the time. Leaving your camera on, even if you can only see your instructor and one other brave student, can help you feel connected and more focused on content.
- Avoid multi-tasking. Even though it can be tempting to use more than one device at a time or check emails and respond to texts while Zooming, focusing on the content of the meeting will actually give your brain a break! And we all need a bit more peace and focus right now!
Do Something

CSB/SJU Counseling & Health Promotion - CHP

Lean on your STRENGTHS
Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose. Try taking the VIA Character Strengths Survey to identify your strongest traits.

Learn About Vision Boards
HERE!

Connect with your Values
Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

- Online Values Card Sort
- Printable Version

Wholeness
Think about what makes you feel whole, grounded, or like you. It can be helpful to consider Maslow’s Hierarchy of Needs.
TELECOUNSELING

Monday through Friday
8:00 a.m. – 4:30 p.m. (CST)
Call to schedule a Telecounseling appointment: (320) 363-3236

WEB-IN WEDNESDAYS

Every Wednesday
1:00 p.m. – 3:00 p.m. (CST)

Virtual 20-minute consultations are available on a first-come, first-serve basis.
Call on Wednesday between 1 - 3 p.m. to schedule a consultation: (320) 363-3236

CSB/SJU CAMPUS RESOURCES

Academic Advising
CentaCare Clinic- St. John’s Campus
CSB Campus Recreation
CSB Health Services
Experience & Professional Development
Intercultural & International Student Services
Learning Enhancement Services
SJU Campus Recreation
Student Activities and Leadership Development
Student Accessibility Services

Thank you to our colleagues at other institutions for sharing their resources. Some information in this document was adapted from Penn State Harrisburg, Michigan State University, California State University at Long Beach.