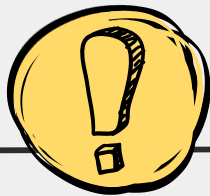


# ARE YOU FEELING OVERWHELMED BY ELECTION DISCOURSE?

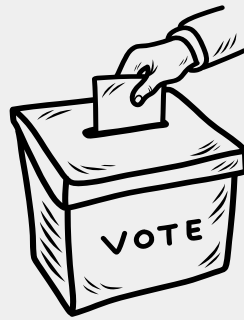
Political climate making you feel stressed?  
You're not alone.  
Here are a few ways to manage stress  
caused by politics – and even channel that  
stress into positive action!

## Want to take action?

Try connecting with political  
groups on campus. Check out the  
IOP for more information at  
[politics.uchicago.edu](https://politics.uchicago.edu)



REMEMBER: Election administration takes time,  
and **we may not know the election's outcome on  
November 5th**. Try to stay calm and utilize these  
resources in the meantime!



## In need of immediate support?

Call our **24/7 therapist-on-call** at **773-702-3625**, start a **TalkNow** session with **TimelyCare** ([timelycare.com/uchicago](https://timelycare.com/uchicago)), or walk into the **Student Wellness Center** (840 E 59th St)  
Monday-Friday from 8:30am-5:00pm.

## Would you benefit from community support?

Join an **affinity group**, attend a  
meeting, or talk to friends about  
your feelings! Check out  
[blueprint.uchicago.edu](https://blueprint.uchicago.edu)  
to get involved.

## Want to de-stress?

Go for a walk or workout! Check out  
our **Restorative Yoga class, Mondays**  
from **3-4pm** at **Student Wellness!**

## Looking for ways to unplug?

Try this election anxiety  
meditation exercise from  
Headspace:  
[headspace.com/election](https://headspace.com/election)  
**#getstarted**

OR

Limit your time on social  
media, or even try  
getting off your phone  
entirely! It's just as  
important to **take breaks**  
as it is to stay informed.



## UChicago Student Wellness

Learn more about resources to  
support your well-being by  
scanning the QR code or go to  
[wellness.uchicago.edu](https://wellness.uchicago.edu).

