**Campus Community**

**Post-Election Day Support**

**1. Maintain Healthy Boundaries**

- **Limit News Exposure**: Continuous news updates can increase anxiety. Consider taking breaks from the news or social media.
- **Set Personal Boundaries**: It's okay to step away from conversations or activities that feel emotionally draining.

**2. Look Toward Positivity & Growth**

- **Practice Self-Reflection**: Spend a few minutes journaling or reflecting to process your feelings.
- **Plan for Action**: Channel emotions into action by volunteering, organizing, or contributing to community initiatives that support positive change.

**3. Take Time to Ground Yourself**

- **Breathe**: Deep breathing exercises can help reduce stress and clear your mind. Try the "4-7-8" method: inhale for 4 seconds, hold for 7, and exhale for 8.
- **Stay Hydrated & Nourished**: Your body needs physical support to manage emotional stress.

**4. Find Your Community & Connect with Others**

- **Group Meetups**: consider connecting with meetups to talk, share perspectives, and offer mutual support.

**5. Practice Active Listening & Respectful Dialogue**

- **Listen Without Judgment**: Focus on understanding rather than responding. Express thoughts and feelings respectfully.
- **Express Gratitude & Empathy**: Acknowledge each other's courage to share and create a culture of compassion.

**6. Use Campus Resources for Extra Support**

- **Counseling Services**: Free, confidential support for anyone feeling overwhelmed. YSU Student Counseling Services StudentCounseling@ysu.edu
- **Crisis Support Lines**: Text or call to speak with someone anytime you need urgent support. 988