

Self Care During Challenging Times

- 1 Take a **break** from social media or set time-limits to keep yourself from spending too much time on sites. Steer clear of discussions and topics that trigger anxiety and feelings of being overwhelmed.
- 2 Listen to your **favorite** music and watch movies that make you feel good now and when you were a child. Eat a comfort food! Be kind to yourself.
- 3 Turn your attention elsewhere and take a “**vacation**” from television and radio news.
- 4 Go **outside** and mingle with nature. Check out the cloud formations, watch the sunlight through the trees and notice the natural world around you.
- 5 Spend time with a beloved pet. The **pets** will appreciate it, and you will get their unconditional love in return.
- 6 When you are with family and friends, gently suggest that you stay away from political discussions if you feel they may trigger intense **feelings** and stress.
- 7 Get as much **sleep** as possible, and, if possible, turn off any devices at least an hour before deciding to go to sleep.
- 8 Try to do some type of **exercise** every day, even if it is just for a few minutes. Vitamin D (from the sun) and some type of exercise can be ever so restorative.
- 9 Even though current events feel overwhelming and negative, try to focus on the **positives** in your life. Think of anything you are grateful about and try and do something nice for somebody else.
- 10 Try some deep **breathing** techniques. Check out (free) Mindfulness apps such as: Insight Timer, UCLA Mindful, Calm, and Smiling Mind.
- 11 Remember to seek help if election anxiety is negatively impacting you. The **PCC** staff is here to help and to offer **support**.



Recharged



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canvpss@smccd.edu or call (650) 306-3234.