

Strategies to Cope with Political Anxiety

Recent events and uncertainty in politics can cause stress and anxiety. We encourage you to use this as a guide to help you manage your stress.

Acknowledge your feelings

Everyone reacts differently to situations. Some may be experiencing feelings of exhaustion, frustration, relief, anxiety, etc. Be sure to recognize and give honor to what you are feeling without judgement. Allow yourself grace.

Identify strategies to help manage your feelings

What usually provides you relief from stress? Exercise? Meditation? Cooking? Counseling? Whatever it is, make sure you schedule time to find relief and take care of yourself.

Make a plan

- Connect with family, friends, and community that will help you through this time
- Limit intake of news and social media
- Maintain your normal routine
- Educate yourself and stay informed
- Recognize your limits!

Seek support when you need it

Managing stress and anxiety can be overwhelming at times. Know that you're not in this alone. Included on the next page is a list of resources available to support you.

Resources Available to Support You

Counseling Services

[Regis College Counseling Services](#) provides students with confidential counseling sessions. To speak with a member of the counseling staff, please contact the Counseling Center at 781.768.7290 or email Kathryn Klickstein, Director of Counseling at kathryn.klickstein@regiscollege.edu to schedule an appointment.

Talk One2One

Talk One2One is a free, confidential, phone counseling service that provides immediate support to students wanting to speak with a counselor right away. Students can call if they are in crisis and speak with a mental health professional who will assess the situation and help connect the student with support as needed. Students do not need to be in crisis to utilize this service. People who are feeling overwhelmed and in need of “in the moment” support can call to talk with a counselor. Students simply call 1.800.756.3124 anytime 24/7.

General Mental Health Information

- [Ulifeline](#): This is an anonymous, confidential, online resource center where students can be comfortable searching for the information they need and want regarding emotional health. The site includes a Self Evaluator which screens for thirteen of the most common mental health conditions that college students face. This screening does not provide a diagnosis, but identifies problems that could be impacting thoughts, feelings and behaviors. The screening process also provides information on these conditions and how to reach out for help.
- [Seize the Awkward](#): Learn about signs to look for and how you can use an awkward silence to check in with a friend who may be struggling.

Stress Management

- [The Mindfulness Solution](#): This site provides meditation and mindfulness exercises that can be downloaded for free.
- [Greater Good in Action](#): UC Berkley’s Greater Good Science Center, in collaboration with HopeLab, launched Greater Good in Action. Greater Good in Action collects the best research-based methods for a happier, more meaningful life- and puts them at your fingertips in a format that’s easy to navigate and digest.
- [Study.com](#): Provides information about how to deal with stress in college.
- [Self-Compassion Guided Meditations and Exercises](#)
- Apps for relaxation: Insight Timer, Mindshift, Headspace, Stop. Breathe. Think., Catch It, Pacifica, Take a Break, Panic Shield.