



# Election Wellness Toolkit

## Physical Wellness

- Practice healthy eating and sleeping habits
- Prioritize moving your body
- Seek sensory comfort

## Civic Wellness

- Continue to live your personal values
- Vote!
- Engage in activism, but know your limits

## Mental Wellness

- Limit the amount of time you spend consuming news
- Connect with friends
- Utilize distractions

## Looking for Support?

Reach out to the  
Counseling Center  
Westchester: (914) 773-3710  
NYC: (212) 346-1526

**PACE**  
UNIVERSITY  
Counseling Center

# Physical Wellness

## *Sleep*

- Try to get 7-9 hours per night
- Use lavender essential oil or pillow mist
- Create a nighttime routine you can follow consistently
- Turn off electronics 1 hour before going to sleep
- Avoid eating close to bedtime

## *Eat*

- Practice mindful eating
- Try nutritious alternatives for unhealthy snacks
- Eat foods rich in omega-3 fatty acids (fish, nuts, plant oils, etc.)
- Incorporate probiotics into your diet to promote gut health
- Seek out anti-inflammatory foods for physical & mental health

## *Exercise*

- Try to move your body at least 2.5 hours each week
- Visit Pace's Human Resources Wellness webpage to view a list of free workout classes available to the Pace community
- Search for free workout videos on YouTube
- Go on walks around campus with friends

## *Balance*

- Practice time management
- Set screen time limits on your phone to make time for healthy/productive activities
- Give yourself grace, you can't be everything to everyone all the time!
- Use timers to manage the time you're devoting to each activity
- Boundaries, boundaries, boundaries! Practice saying *No!*

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# Mental Wellness

## Learn your limits!

Consuming news and talking about politics with friends and family can be informative, but it can also be stressful. Learning your limits is an important part of protecting your mental health during election season. Use this time to practice advocating for yourself and your needs!



## Distract yourself!

- Do a puzzle
- Attend a sports game
- Read a book
- Do your homework
- Dance it out
- Eat your favorite comfort snack
- Have a self-care night
- Watch your comfort movie
- Take a hot shower

## Download Welltrack Boost!

Download this free app and login with your Pace credentials to gain access to tons of mental health resources

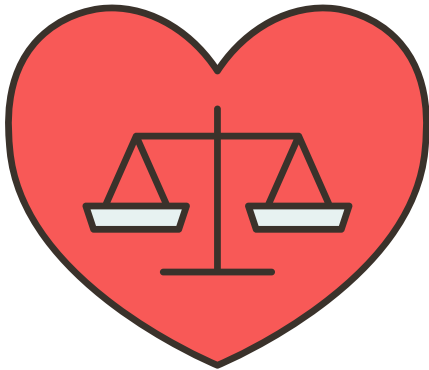


## Seek out connection!

- Join a club
- Start a book club
- Organize a weekly movie night
- Call a friend you haven't spoken to in a while
- Join an intramural sports team
- Attend campus events
- Find likeminded people you can have meaningful conversations with

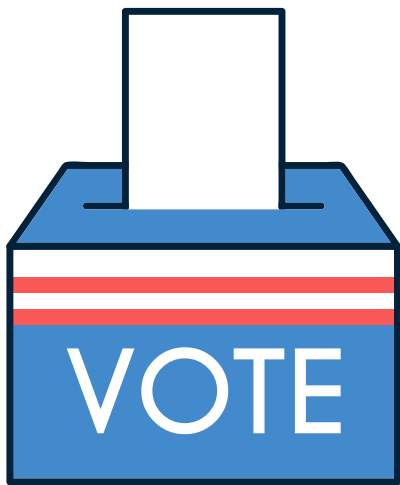
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# Civic Wellness



## Live your values:

- Prioritize authenticity, even if it's easier to go along with the crowd
- Spend time with likeminded people who encourage you to act genuinely and speak your mind



## Cast your vote by:

- Early voting
- Sending in your absentee ballot
- Visiting your designated polling place on Election Day



Engage in activism,  
know your limits,  
and practice  
self-care

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# Resources

[How to Cope with Election Anxiety](#)

[How can I be ok when the world is terrible?](#)

[Mental health during global conflict](#)

[I'm angry about the injustices I see around me](#)

[Negative news coverage and mental health](#)

[I'm Feeling Too Much at Once: Dealing with Emotional Overload](#)

[Stressed about politics? Here are 5 ways to take care of your mental health](#)

[Your election season survival guide](#)

[Managing Mental Health and Relationships in an Election Year](#)



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