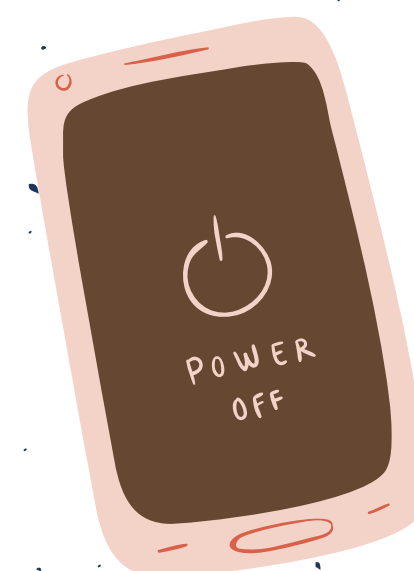


TIPS FOR COPING WITH ELECTION STRESS

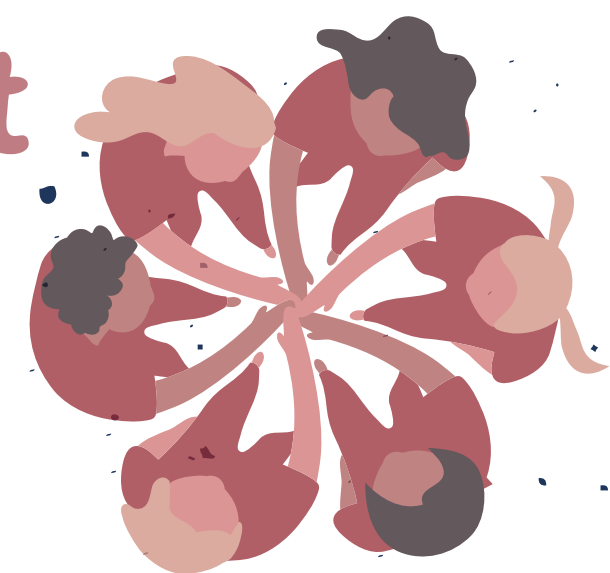
- **STAY INFORMED** with reliable sources of information
- **TAKE A BREAK** from consuming news when you need to
- **CONNECT** with supportive family, friends, and communities
- **REFOCUS** on your daily routine and activities
- **TAKE CARE OF YOURSELF** by exercising or practicing mindfulness
- **SET BOUNDARIES** and excuse yourself if a conversation is becoming too difficult
- **REACH OUT** for help, such as talking to a CAPS clinician in a confidential and safe place

FOR MORE RESOURCES, PLEASE VISIT
[COUNSELING AND PSYCHOLOGICAL SERVICES](#)



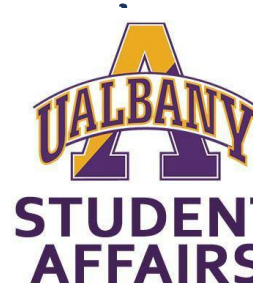
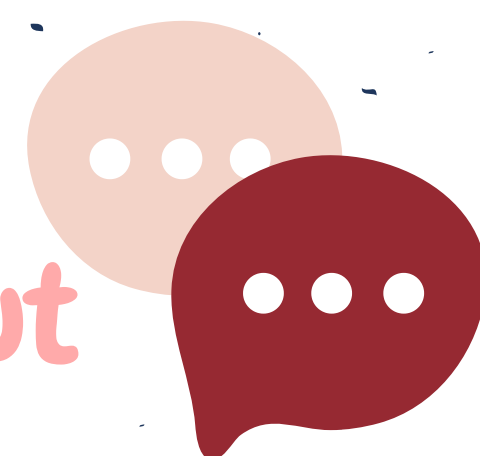
pause

support



self-care

reach out



Counseling and
Psychological Services

518-442-5800

consultation@albany.edu

Virtual business hours:

Mondays - Fridays,

9:00am-4:30pm