

COPING WITH SOCIOPOLITICAL STRESS

Uncertain political times can be stressful and bring up a variety of emotions. “Sociopolitical stress” refers to the “intense feelings and experiences people have that stem from awareness of, exposure to and/or involvement in political events and phenomena like elections and social movements” (Inside Higher Ed). The following tips are designed to help cope and create balance.

01

MONITOR YOUR SOCIAL MEDIA/NEWS INTAKE

Notice how consuming media is impacting you. If you begin to feel distressed, try setting a timer, creating boundaries around how much media you will consume, browse uplifting news sites, or consider taking a social media break.



02

STAY INFORMED AND CHANNEL ENERGY WITH ACTIVISM OR VOLUNTEER WORK, IF HELPFUL

Attend events, join organizations, conduct research, have open conversations with others, educate yourself and others - use your voice!



03

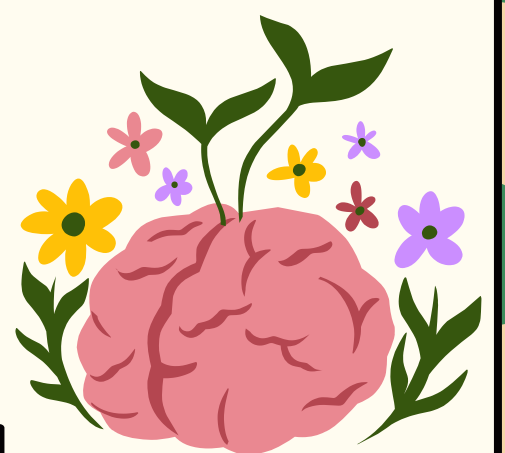
LEAN ON YOUR SUPPORT SYSTEMS AND COMMUNITY

Connect with people who support, respect, and listen nonjudgmentally. Reach out to professional counseling support if needed.

04

PRACTICE SELF-CARE

Paint or draw, listen to music, go for a walk, practice mindfulness, crochet, watch a favorite movie, or drink a cup of tea. Try to prioritize rest and make sure your nutritional and movement needs are met.



RESOURCES

01

RESOURCE BANK

Please scan this QR code to view a variety of resources including apps, podcasts, book recommendations, handouts, and more!



02

COUNSELING CENTER SERVICES

“REFRESH FRIDAYS” - A SELF-CARE DROP-IN SPACE

Join us Fridays from 11AM-1PM. Drop-in, destress and connect with others.

LET'S TALK

Let's Talk is a confidential drop-in consultation space, no appointment needed, where you can chat with one of our clinicians. Check out dates/times using the QR code!



SELF-HELP

Use the QR code to view our self-help resources on a variety of different topics including anxiety, depression,, sleep hygiene, relationships, grief/loss, and more.



ONGOING SUPPORT

Options for ongoing support include short-term individual counseling, group therapy, referral coordination, and more! To get started, schedule an initial consultation at 828-262-3180.

03

CAMPUS RESOURCES

FOR GETTING INVOLVED AND FACILITATING DIALOGUE

The Office of Community-Engaged Leadership, including App Votes and other volunteer activities

Rm. 138, Plemmons Student Union
Website: cel.appstate.edu

“Perspectives” by Constructive Dialogue

138 Plemmons Student Union
Contact: Summer Wisdom; Phone: 828-262-2545
Website: civilliteracy.appstate.edu/dialogue

FOR NAVIGATING DISCRIMINATION AND/OR HARASSMENT

Office of Access and Equity: Equal Opportunity

I.G. Greer Hall #123
Phone: 828-262-2144
Website: <https://titleix.appstate.edu/>

Ombud's Office

I.G. Greer #236A
Phone: 828-262-2559
Email: ombud@appstate.edu

FOR WELLNESS

KORU Mindfulness via Wellness and Prevention Services

Website: <https://wellness.appstate.edu/koru-mindfulness-classes>

Appalachian State University Counseling and Psychological Services Center
1st Floor, Miles Annas Building | counseling.appstate.edu
(828)262-3180 | counseling@appstate.edu | [@appstatecounselingcenter](https://twitter.com/appstatecounselingcenter)

This handout draws information from resources including the American Psychological Association and Inside Higher Ed, as well as handouts from other universities including UC Davis, University of San Francisco, Boston University, and Pepperdine University.