

COPING WITH SOCIOPOLITICAL STRESS RESOURCES

HELPFUL HANDOUTS

PEPPERDINE COUNSELING CENTER

- [“Coping with Socio-Political Stress”](#)

UC DAVIS

- [“Tips for Coping Managing Socio-Political Stress”](#)

TUFTS UNIVERSITY

- [“Protester Mental Health Toolkit”](#)

WEBSITES & VIDEOS

UNIVERSITY OF SAN FRANCISCO

- [“Coping with Socio-Political Stress](#)

INSIDE HIGHER ED

- [“Helping Students Cope with Sociopolitical Stress](#)

BOSTON UNIVERSITY

- [“Coping with Socio-Political Stress”](#)

TUFTS UNIVERSITY

- [“How to Cope with Election Stress”](#)

POSITIVE NEWS: UK POSTIVE JOURNALISM

- [Positive News](#)

HEADSPACE

- [“How to Worry Less about Politics and the Election”](#)

NPR

- [“Stressed About Politics? Here are 5 ways to take care of your mental health”](#)



CAMPUS RESOURCES

FOR GETTING INVOLVED AND FACILITATING DIALOGUE

The Office of Community-Engaged Leadership, including App Votes

Rm. 138, Plemmons Student Union
Phone: (828) 262-2545
Email: appvotes@appstate.edu
Website: cel.appstate.edu

“Perspectives” via Constructive Dialogue

138 Plemmons Student Union
Email: wisdomss@appstate.edu
Website: civilliteracy.appstate.edu/dialogue

FOR WELLNESS

Koru Mindfulness via Wellness and Prevention Services

Miles Annas Student Services Building
Email: wellness@appstate.edu
Phone: (828) 262-3148
Website: wellness.appstate.edu/

Counseling and Psychological Services

Miles Annas Student Services Building
Email: counseling@appstate.edu
Phone: (828) 262-3180
Website: counseling.appstate.edu/

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

Office of the Dean of Students

Room 324 in the Plemmons Student Union
Phone: (828) 262-8284
Email: dos@appstate.edu
Website: deanofstudents.appstate.edu/



APPS

- [WellTrackBoost](#)
- [Tappy: Self Care Fidgeter](#)
- [Finch: Self Care Widget](#)
- [Mindshift CBT - Anxiety Relief](#)
- [I Am - Daily Affirmations widget](#)
- [Daily Bean: Similar to Finch](#)
- [Insight Timer](#)
- [Calm](#)
- [Exhale - Designed for BIWOC](#)
- [Headspace](#)
- [Mindfulness Coach](#)
- [Breathe2Relax](#)
- [Liberate - For BIPOC and/or 2LGBTQ+](#)
- [Shine - For BIPOC and/or 2LGBTQ+](#)