

# YOUR VOTE MATTERS... AND SO DO YOU!

PITT  
VOTES

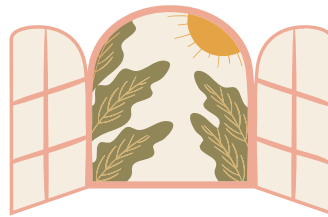
Pitt  
University  
Counseling Center  
Student Affairs

## UNPLUG



- Stay informed, but know your limits
- Take 'digital breaks' to focus on something enjoyable
- Filter text messages from unknown senders
- Spend time in nature or with friends
- Pick a short time in the AM & PM to catch up on news

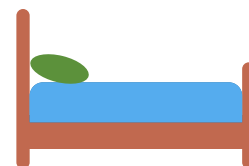
## BE PRESENT



- Practice mindfulness
- Use grounding techniques to focus on the present moment
- Grab your phone & earbuds & go for a mindful walk
- Take a self-compassion break
- Engage in self-soothing activities

## REFUEL

- Engage in at least 20 minutes of exercise
- Attend to physical illness/discomfort
- Do something fun!
- Eat well-balanced meals and drink water
- Maintain a healthy sleep schedule



## CONNECT



- Reach out & connect with loved ones
- Manage Zoom fatigue to make connections more meaningful
- Visit PittWire LIVE for campus event information
- Join a support group or book club
- Find ways to connect with nature

## DO SOMETHING

- Sign up to volunteer through Pitt Serves
- Identify and connect with your personal values
- Engage in random acts of kindness
- Create a vision board
- Join a club or organization at Pitt



## CAMPUS RESOURCES

- [PittVotes](#)
- [University Counseling Center](#)
- [Student Health Services](#)
- [Student Affairs](#)
- [Residence Life](#)
- [REC Center](#)
- [Pitt Program Council](#)
- [Career Center](#)
- [Disability Resources & Services](#)

## CRISIS RESOURCES

- UCC 24/7 Crisis Support: 412-648-7930
- re:solve Crisis Network: 888-796-8226
- Crisis Text Line: Text HOME to 741741
- National Suicide Prevention Lifeline: 800-273-8255
- Pitt Police 412-624-2121

Thank you to our colleagues at other institutions for sharing their resources. Some information in this document was adapted from Michigan State University, California State University at Long Beach & Penn State Harrisburg.