YOUR VOTE MATTERS... AND SO DO YOU!

UNPLUG

- Take 'digital breaks' to focus on something enjoyable
- Spend time in nature or with friends
- Stay informed, but know your limits
- Filter text messages from unknown senders
- 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
- Eat well-balanced meals and drink water
- Maintain a healthy sleep schedule
- Do something fun!

Stay informed, but know your limits. Take 'digital breaks' to focus on something enjoyable. Spend time in nature or with friends. Pick a short time in the AM & PM to catch up on news. 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. Engage in at least 20 minutes of exercise. Attend to physical illness/discomfort. Eat well-balanced meals and drink water. Maintain a healthy sleep schedule. Do something fun!
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.