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# CARE DURING THE ELECTION SEASON

## SELF-CARE STRATEGIES

**Limit the amount of time you spend on social media or the news.** When you get the impulse to look at social media, count slowly to 10 and ask yourself: What am I hoping to get out of this experience? Let that question help you decide whether you still want to open that app.

**Set boundaries, cut ties with toxic individuals, and curate a positive or affirming social media feed.**

**Engage in self-care routines** - like exercise, nature, sleep, or meditation. Participate in a hobby that is totally separate from the election. When you lose yourself in process, art or any absorbing activity, it can be an escape.

**Surround yourself with positive resources**, like friends or family who you can talk to. If you need it, ask to avoid talking about politics.

**Inhale for four, exhale for four. Count your breaths. Relax your shoulders. Unclench your jaw.** The simplest of actions, like enjoying a moment of silence, can help you reset your body and mind.

**Do some prep work.** Take care of essential chores (e.g. grocery shopping, laundry) in advance of a stressful week. Set up your week to require the least energy from you.

**Be kind to yourself.** Be realistic about what you have the mental and emotional capacity for right now.

**Ask your faculty and supervisors for what you need.** Do you need an extension on a paper or project? Do you need to attend class with your camera off? It's okay to ask.

**Use your resources.** A number of in-person and virtual events are planned for the Reed community during the week of the election - including free recreation classes, coping skills workshops, and somatic wellbeing events. **All events can be found online at [events.reed.edu](https://events.reed.edu).**

## COMMUNITY-CARE STRATEGIES

*Self-care is about the individual caring for their own basic physical needs, whereas community care is focused on the collective: taking care of people together, for everything from basic physical needs to psychological and even spiritual ones.*

- **Invest in relationships and friendships.** Check-in with friends and community members. Ask "How can I support you?"
- **Support mutual aid efforts.** Share what you have - be that a car, time, extroversion, money, writing skills, empathy, art supplies, etc. Any and all of these can be incredibly useful in supporting someone in community.
- **Lend a hand to someone in need** - e.g. give someone a ride to the store, walk someone's dog when they are in a bind.
- **Listen to others with compassion and non-judgement.**
- **Educate yourself about systemic racism** and respect the boundaries and spaces of BIPOC.

"Community care is a commitment to contributing in a way that leverages one's relative privilege while balancing one's needs. It's trusting that your community will have you when you need support, and knowing you can be trusted to provide the same." - Nakita Valerio

# COPING WITH RACIAL BATTLE FATIGUE

By Johanna Workman, Psy.D., Director of Counseling Services at Reed's Health & Counseling Center

## Traditional Coping Methods

- John Henryism/High Effort Coping: Working twice as hard to prove one's intelligence/worth
- Grit: Perseverance of effort to achieve a goal

## Physiological & Psychological Effects of these Traditional Coping Methods

- Hair loss, fatigue
- Problem eating, high blood pressure, diabetes
- Stress, anxiety, panic attacks, depression

## Alternative Coping Methods

- Find community in a supportive network
- Participate in relaxing activities (yoga, meditation, creative outlets, aromatherapy, nature walks)
- Talk with a counselor experienced in treating racial trauma

**"Weathering the cumulative effects of living in a society characterized by white dominance and privilege produces a kind of physical and mental wear-and-tear that contributes to a host of psychological and physical ailments." – Dr. Ebony McGee, Vanderbilt University**

# BIPOC WELLNESS RESOURCES

**SHINE:** BIPOC-owned self-care app. Includes interactive election self-care quiz here to get personalized tips and reminders. You can also hit up Shine's in-app election-anxiety meditation playlist, which includes seven free meditations.

**THE VILLIJ:** Virtual Yoga for womxn of color. Committed to creating inclusive, accessible and nurturing spaces to connect, heal and expand.

**LIBERATE MEDITATE APP:** A safe space for the Black community to develop a daily meditation habit.

**BEAM COLLECTIVE TOOLKITS:** Black Emotional and Mental Health Collective. Free downloadable resources on website.

**QTPOC MENTAL HEALTH:** Provides greater access to community healing for queer & trans people of color

# CROWDSOURCED SELF & COLLECTIVE CARE STRATEGIES

Individuals across the world contributed suggestions for managing anger, sadness, apathy, boundaries and basic self-care. Scan the QR code using your phone's camera:

SCAN ME



# MENTAL HEALTH RESOURCES

**REED COUNSELING HOTLINE: 866-432-1224**

Call 24/7 to speak with a free and confidential counselor

**REED HCC: 503-777-7281**

Call to schedule a 1:1 counseling appointment. More info at: [reed.edu/health\\_center/](http://reed.edu/health_center/)

**TRANS LIFELINE: 877-565-8860**

Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers. More info at: [translifeline.org/hotline](http://translifeline.org/hotline)

**LGBT NATIONAL YOUTH TALKLINE: 800-246-7743**

Free peer support for the LGBTQ and questioning community ages 25 and younger. Available weekdays 1pm–pm PST, weekends 9am–2pm PST.

**CRISIS TEXT LINE: Text HOME to 741741**

Connect to a trained crisis counselor, 24/7

**CRISIS TEXT LINE FOR POC: Text STEVE to 741741**

People of Color can connect to a trained crisis counselor, 24/7

**OREGON WARMLINE: 1-800-698-2392**

In need of someone to speak with? Call the Warmline. Hours of Operation: Monday–Sunday 9am – 11pm

**SAFE + STRONG HELPLINE: 800-923-4357**

Free, 24/7 emotional support and resource referral