

SOCIO-POLITICAL STRESS

CAPS RECOMMENDATIONS WHEN FACING SOCIO-POLITICAL STRESS

Self-acceptance: Acknowledge your “emotional mind” and your “rational mind,” and find the place where they overlap. That is your “Wise Mind.” We all have it. This is the best time to discover it and strengthen it.

Engage in compartmentalization, at will: Use the metaphor of books on the shelf to help you decide which information to focus on. You are in charge of your day, and your mind is your own. Direct it to one book at a time as you see fit. All the other books are still there, and you are free to open any one of them, at will.

Engage in grounding, mindful breathing: Slowly count 1–2–3–4 on inhale, hold (count to four); exhale counting 1–2–3–4; and hold (count to four). Gently, allowing all your attention go to the process of breathing in, and breathing out... Practice as often as you like, four full cycles at a time. As your practice improves, just observing your breathing will be calming.

Do one thing at a time: If you’re reading a book, focus on the content of what you’re reading. If you’re talking with a friend, pay attention to everything in the conversation. If you’re eating, savor the flavors... Stay one – mindfully!

ADDITIONAL TIPS

Limit media exposure: Constant exposure to the news can overwhelm you. Remain informed enough, if you choose to, but if it overtakes your day, that may be too much.

Limit talking about it: Talking about your socio-political stress can be healthy. However, if that’s all you talk about, then it’s too much. Direct your attention to other parts of your life that still need your attention.

Take care of yourself: Aim for well-balanced meals, sleep and physical activity. Set up a schedule and stick to it. We can manage our stress best if we have predictable routines. Haven’t you been meaning to exercise? Start with taking a walk...

Engage in pleasant activities: Watch a movie, cook your favorite meal, read a fun book...

Honor your feelings: Your feelings are neither right nor wrong. They just are. They don’t have to lead to action.

Don’t isolate: Talk to a friend about something totally unrelated to socio-political stress. Help someone do something productive, expecting nothing in return.

Strive for balance and pace yourself: There are always reasons for pessimism as well as for optimism. Although there are supporters for the executive action, there are many opposing it as well.

Be gentle with yourself: Socio-political stress may heighten daily stresses. Access your network of support. You are a wonderful person. This is your place in the universe.

Tap on spiritual strengths: May it be faith, meditation/prayer, worship, connecting with God...



FREE COPING SKILLS APPS



Breathe2Relax

For deep breathing.
Available for iPhone and Android.



Calm

For deep breathing and meditation.
Available for iPhone and Android; also available at www.calm.com



CBT Thought Record Diary

Challenges thoughts that affect our moods.
Available for iPhone and Android.



Attitude of Gratitude

Gratitude journal for increasing positivity.
Available for Android only.

ACCESSING CAPS

These apps, tips and strategies can help increase your effectiveness. However, if you continue to feel overwhelmed and your ability to function diminishes, consider accessing the services of Counseling and Psychological Services (CAPS) at Redfern Health Center. You can come Monday – Friday between 10 a.m. and 2:30 p.m. for an Initial Assessment. Recommendations for care will be made at that time. CAPS offers a continuum of services including online treatments, workshops, group therapy and individual counseling. All services are confidential.

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