



5 Ways to Handle Election Stress

If you are experiencing heightened stress and anxiety due to the presidential election, you're not alone. A survey from the American Psychological Association (which was founded at Clark, you know!) found that 56 percent of adults in the U.S. identify the 2020 presidential election as a significant stressor. Here are five tips from the Office of Wellness Education on how to manage your well-being on Election Day and beyond.

- **Take action.** It can be helpful to channel anxiety into action. Knowing that you are acting on your values and what you stand for can bring a sense of empowerment and peace of mind. Vote today (if you haven't already), and get involved in something you believe in.
- **Take media breaks.** It is important to limit your media exposure. Access trustworthy sources to stay informed, and set a time limit for your daily news/media consumption. Recognize the people or virtual spaces that trigger negative feelings, then unfollow or limit your exposure to them.
- **Engage with respect.** When talking with someone you disagree with:
 - Agree to set rules and guardrails for the conversation
 - Be prepared to listen more than talk
 - Avoid name-calling or hostile language
 - Focus on your own beliefs rather than reciting messages from negative campaign ads
 - Try to see their humanity instead of stereotyping
 - Remember that you can agree to disagree
- **Choose your audience wisely.** Engaging in productive dialogue across differences is fantastic and can expand your consciousness and perspective. However, if there are people in your life with whom discussion always devolves into hostility or any other unhealthy dynamic, it is OK to set boundaries around conversation topics or limit your time with them.

- **Plan for your well-being.** Given the high level of intensity and the prolonged nature of this election season and its resulting stress, have your support plan in place. Regularly evaluate how you feel and what you may need. Use coping strategies that you know are helpful. Have people in your life you feel comfortable turning to for support — and become familiar with, and use, available campus resources.
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How Are You Feeling?

We know that this time of year — especially in 2020 — can be a difficult and anxious time for students. You might be experiencing multiple, even conflicting, emotions about all of the political (and maybe not-so-political) things that are happening. The [Center for Counseling & Personal Growth \(CPG\)](#) wants to be as supportive to all our students as we possibly can, so every day this week we are offering safe spaces where you can talk about how you're feeling. We will be available via Zoom every day for at least one hour so that you have an opportunity to express how you're feeling with other students. These sessions, which will be facilitated by a mental health professional from CPG, will be held on Zoom for at least an hour a day.

Below are the days and times with the Zoom links that we are offering for these spaces (all times Eastern):

Election 2020 and More: How Are You Feeling?

- Tuesday, Nov 3, 4–5 p.m.; [Join us on Zoom](#)
- Wednesday, Nov. 4, 4–5 p.m.; [Join us on Zoom](#)
- Thursday, Nov. 5, 1–2 p.m.; [Join us on Zoom](#)
- Friday, Nov. 6, 2– 3 p.m.; [Join us on Zoom](#)

As always, please feel free to reach out to 508-793-7678 for CPG or CPG After Hours if you need support.

Rapid Response Wellness Team Now Available

The Rapid Response Wellness Team has been trained in de-escalation techniques to provide peer-to-peer support for low-level mental health calls (high anxiety, panic attacks, stress, sadness). Team members work in pairs and are on duty seven days a week from 5 p.m. to midnight. Call 508-793-7575.

The Rapid Response Wellness Team is dispatched through [University Police](#). An officer accompanies the Wellness Team to the location to ensure scene safety. Once they determine the scene is safe, the officer will leave the immediate location, but stay in the area, while the Wellness Team assists the student. The team is outfitted with all appropriate PPE and provides additional resources and connections to help with follow-up.

Unpack 2020 with MFGSS

Come process 2020 with Peyton Wu, associate director of multicultural and first generation student support, and the MFGSS community. All feelings are welcome and no appointments are necessary. **Friday, November 6, from 1 to 3 p.m. in the McCann Resource Room at Dana Commons (1st Floor).**

Celebrate Our First-Generation Students

Join MFGSS and Clark University to honor and recognize our first-generation students, faculty, and staff this **Friday, Nov. 6, from 3 to 5 p.m.**, as part of National First-Generation Celebration Day. First-gen students are invited to share their stories and sign up for the event [here](#). Face masks and social distancing will be required.

Career Connections Center Updates

Planning a Productive Intersession

Are you starting to think about Winter Intersession? Whether you want to accelerate your academic studies, explore a new interest, or just need a break, here are some ideas to help jumpstart your planning for those six weeks between Jan. 4 and Feb. 12. If you want to talk through your options for Intersession, we encourage you to meet with a career adviser by booking an appointment on [Handshake](#).

Opportunity Funding Info Session

Thursday, Nov. 5; 1 to 1:45 p.m. (EST) on Zoom

Are you pursuing an unpaid internship, self-designed project, or research opportunity? This session will provide an overview of funding available to undergraduates for Intersession, as well as spring and summer 2021. We also will cover deadlines, how to apply, and how to be as competitive as possible in your application. RSVP now on [Handshake](#).

Sustainable Clark Can Help With Your Move-out

Can't take it with you? Don't really want it (or need it) anyway? Donate it for a great cause. The "Clark Collections" move-out donation program, which benefits Big Brothers Big Sisters of Central Mass., will take all your unwanted clothes, shoes, coats, supplies (school, art, cooking), room décor, bedding, small appliances, games, and more.

Last year, we collected enough to fund 10 "Bigs" for 10 Worcester kids for a year — thank you! And in doing so, we diverted more than three tons from the landfill.

Donation bins will be in place Nov. 9–20 in Bullock Hall, Maywood Hall, and the Johnson Sanford Center. We are unable to accept food, books, toiletries, liquids, sports equipment, or furniture. *This program is sponsored by Sustainable Clark, Residential Live and Housing, Facilities Management, and Hartsprings.org.*

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