



## More Stress Busters

### Tips for a Positive Outlook:

- Exercise. Get moving!
- Eat a balanced diet. Don't skip meals. Try to minimize soda and coffee because caffeine can trigger anxiety and panic attacks.
- Limit alcohol and stay away from non-prescription drugs.
- Get involved. Create a support network for yourself.
- Stay Engaged. Participate in community service or student organizations to channel your energy positively.
- Focus on Self-Care: ensure you are getting enough sleep and taking time for hobbies you enjoy.
- Keep a Journal: writing down your thoughts can help you process emotions and reduce stress
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## If Symptoms Continue: Treating Persistent Anxiety

If symptoms don't subside, treatment for persistent anxiety may involve therapy, medication or a combination of both. The good news is that treatment works! With time and patience, up to 90% of people who obtain appropriate treatment from a mental health care professional will see a significant and lasting reduction in symptoms.

It's important to get help ASAP. Persistent untreated anxiety may lead to academic problems, secondary conditions such as depression or substance abuse, and – in extreme conditions – suicide. Early treatment can help prevent these problems.

Your first step in getting the right treatment may include a visit to your doctor. Your doctor can perform a physical exam and request lab tests to rule out other health conditions. Once physical factors have been ruled out, a therapist can work with you to help alleviate anxiety symptoms.

HARTNELL COLLEGE  
411 Central Avenue  
Salinas, CA 93901



## Crisis Counseling Services

Building D, First floor  
D- 123, 124, 126, 127

FOR AN APPOINTMENT: Visit our website to complete an application

# Navigating Post-Election Stress

## A Guide for College Students



## Tools for Your Mental Well-Being

## What is Post-Election Stress?

Post-election stress can manifest as anxiety, fatigue, frustration, or overwhelming feelings. It's a normal response to significant events that affect our lives and communities

### Signs of Stress:

- Difficulty concentrating
- Sleep disturbances
- Irritability and/or mood swings
- Feeling overwhelmed or helpless



*The good news? Help is available!*

## Coping Strategies



- 1. Stay Informed, but Set Boundaries**  
Limit your TV/screen time news consumption to avoid information overload. Designate specific times for checking updates.
- 2. Connect with Others**  
Talk to friends, family, or peers about your feelings. Sharing can help you process emotions and feel less isolated.
- 3. Practice Mindfulness and Relaxation Techniques**  
Incorporate activities like deep breathing, meditation, or yoga into your routine to reduce anxiety
- 4. Engage in Physical Activity**  
Physical exercise can improve your mood and reduce stress. Try brisk walking, running, or joining a fitness class.
- 5. Seek Professional Support**  
Don't hesitate to reach out for help from a professional if you're feeling overwhelmed.

## Campus Resources

- Office of Student Life, Building C
- Crisis Counseling & Emotional Wellness, Building D (D-123 and adjoining offices). Open office hour M-F 11:00-12:00 Website: [www.hartnell.edu](http://www.hartnell.edu) > A-Z > Crisis Counseling
- TimelyCare: TalkNow, Telehealth Counseling, Health Support Groups ([timelycare.com/hartnell](http://timelycare.com/hartnell))

### Crisis Services/911

- Suicide Prevention Services of the Central Coast (877) 663-5433
- National Suicide Prevention Lifeline (800) 273-8255 or **988**
- Crisis Textline Text COURAGE or HOME to 741741

**Remember:** it's okay to feel stressed. Acknowledging your feelings and taking steps to care for yourself is important. You're not alone! Reach out for support when you need it.