A national election during COVID19 has impacted our lives in substantial ways. As we are navigating uncharted waters with the current national discourse, it’s important to remember how to care for ourselves. Caring for ourselves can be especially difficult when we don’t know which way to turn or how to deal with the constant influx of news. As a part of Pirate Nation, the Center for Counseling and Student Development (CCSD) wants to provide support and resources to help you navigate this unfamiliar time. CCSD has put together the Pirate’s Care Map so that you may press on in true Pirate fashion, undaunted and giving no quarter when life’s stressors arise.

**TAKE care Pirates!**
**REFUEL:** Try focusing on refueling yourself with rest and healthy habits.

**BALANCE**

It can seem quite overwhelming to experience a national election during COVID-19! Trying to maintain a balance in most areas of your life can help you navigate the challenging days with more comfort, while continuing to prioritize your overall wellness. Healthy habits can help!

To help build new habits, try the app ‘Streaks’ app by visiting https://streaksapp.com/.

**SLEEP**

Irregular sleep habits? Sleep is vital to overall good mental and physical health. It’s important to evaluate your sleep habits and start practicing proper sleep hygiene.

For healthy sleep tips from the Sleep Foundation, visit https://www.sleepfoundation.org/articles/healthy-sleep-tips

**EATING AND NUTRITION**

Our bodies need fuel to function. That means we need to find a balanced diet that can meet the unique compositions of our bodies.

For more information on healthy eating, eating disorders and nutrition, visit ECU Student Health Services (SHS) visit https://studenthealth.ecu.edu/nutrition/

**EXERCISE**

Getting up, staying active, and engaging in some form of physical fitness can have a huge impact on our physical and mental health.

For more information on how to get active, visit Campus Recreation and Wellness visit https://crw.ecu.edu/
RECENTER: Ignoring strong emotions can have a negative impact during this time. Recognizing your inner thoughts and feelings in a nonjudgmental way is important.

SELF-SOOMING
Do things that comfort you, involving your 5 senses (touch: stress ball, taste: eating candy, see: picture of your family, hear: music, smell: candle)

EMOTIONAL AWARENESS
Get to know your feelings (journal, draw)

DISTRACTING
Do something to take your mind off the problem (music, tv, work)

MINDFULNESS
Mindfulness: Be present (breathing exercises, yoga, meditation)

OPPOSITE ACTION
Opposite action: Do the opposite (get up instead of lying in bed)

TOP 9 MINDFULNESS APPS of 2020
- THE MINDFULNESS APP
- HEADSPACE
- CALM
- INSIGHT TIMER
- STOP, BREATHE &THINK
- 10% HAPPIER
- AURA
- SANVELLO
- BREATHE

According to www.healthline.com
RESIST: News consumption can be overwhelming. If you are feeling upset or preoccupied by national events, it may be the time to resist social media discussions and excessive news intake by knowing your limits.

**Physical Responses to Overconsumption**
- Fatigue
- Headaches
- Dizziness
- Changes in sleep
- Nightmares
- Changes in eating
- Skin issues (Stress)

**Emotional Responses to Overconsumption**
- Shock and disbelief
- Anger
- Fear
- Sadness and tearfulness
- Anxiety
- Numbness
- Feelings of unreality

**Losses You May Still Be Experiencing**
- Loved ones
- Hobbies
- Sense of safety
- Autonomy
- Financial security
- Spring plans

**For a COVID-19 Resource Guide, visit**

**Things to Avoid**
- Reliance on drugs and alcohol
- Taking care of everyone else
- Isolating self
- Contemplating self-harm
- Avoiding pleasurable activities

Consider scheduling times during the day (morning and evening) to catch up on news. This can help avoid the urge to check updated reports throughout your entire day.
REENGAGE: When things around us seem chaotic, it can be difficult to stay motivated. However, no matter how small, taking some personal action can lessen this feeling. Know that your action does not have to be political to be effective.

GOAL SETTING

Goals can help us turn our energy towards creating a sense of purpose outside of politics.

Utilizing SMART Goals is a way to set and reach goals in a timely manner.

*Create your SMART goal on the next page!

FIND YOUR STRENGTHS

While we tend to focus on what is out of our control, we all have control found in our strengths!

We can use them to help us address problems and increase our sense of power more effectively.

RECONNECT WITH YOUR VALUES

We can foster motivation by identifying what is most significantly important in our lives at any given time.

To work towards living in the same direction as your values, try the online values card sort by visiting https://www.think2perform.com/our-approach/values/new

WHOLENESS

Think about the things that make you feel most yourself. This can help you stay grounded and more aware of self.

Start with considering Maslow’s Hierarchy of Needs.
**RECONNECT:** While politics can often make us feel divided, connection helps us establish a sense of belonging and allows us to continue meeting our social needs. Reconnecting can help us give and receive compassion and care, while creating an experience of solidarity.

**How do I build a connection?**
- Reach out to others.
- Be intentional about making time to socialize.
- Allow yourself time to build relationships.
- Express your feelings with others and allow them to do the same.
- Learn about the other person and share about yourself.

**How can I connect virtually?**
- Let’s Talk
- Virtual Meetups
- Netflix Party
- Online Games
- Facetime
- Instagram Co-Watching
- TikTok challenges
- House Party App
- Marco Polo
- Zoom

**SELF:**
It’s important to connect with yourself by leaning into what you need and want. Take some time to reflect on what’s important to you and care for yourself. (Journaling, meditation, exercise, do what you love, etc.)

**SPIRITUALITY:**
No matter your belief system, tapping into your spirituality can be calming and provide a sense of direction and focus during anxiety-provoking times. (Yoga, prayer, music, nature, attend a place of worship, etc.)

Consider visiting the ECU Center for Leadership and Civic Engagement to gain information about practicing civility, live the ECU institutional values, and remember that our words and actions matter at this time: [https://clce.ecu.edu/](https://clce.ecu.edu/)
Visit ECU Center for Leadership & Civic Engagement
https://clce.ecu.edu/

Election Day/Post Election Events & Programs:

Election Day Shuttles to the Polls (Nov. 3):
https://engage.ecu.edu/event/6565746

Election Night Watch Party (Nov. 3):
https://engage.ecu.edu/event/5713903

Citizen U program on Media Literacy (Nov. 4):
https://engage.ecu.edu/event/6152205

A Healing Space (Nov. 5):
https://engage.ecu.edu/event/6380269

Guided Mindfulness Meditation
https://engage.ecu.edu/events?query=mindful

Post-Election Snack & Chat (Nov. 5):
https://engage.ecu.edu/event/6552423

ECYou Social Justice Workshop (Nov. 7):
https://engage.ecu.edu/event/5901021

Diversity Dialogue Series (Nov. 9):
https://engage.ecu.edu/event/6139728

What’s the Tea? (Nov. 10):
https://engage.ecu.edu/event/6139714

Feminist Friday (Nov. 13):
https://engage.ecu.edu/event/6183325

https://ecunited.ecu.edu/cupola-conversations/

ECU will host a special Cupola Conversation on November 12 at 4pm to discuss the local, state and national elections. The program will include a pair of faculty members from the ECU Department of Political Science discussing the latest news, information and updates associated with the elections. The program will also offer an opportunity for attendees, regardless of their political perspective, to process any challenges and emotional obstacles they are facing based on the results of the election.
Visit CCSD FALL 2020 Services Page
https://counselingcenter.ecu.edu/fall2020/

For mental health support during business hours or to get started with our Center:
Call 252-328-6661

For after-hours urgent mental health support:
Call 252-328-6661 and press ‘2’ to be connected to a crisis counselor

For life threatening mental health emergencies:
Call 911 or go to your nearest hospital emergency department

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Concerned about a Pirate?
Click here for more information on how to help.
https://counselingcenter.ecu.edu/concerned-about-a-pirate/

ECU CARES
Click here to learn more about reporting concerning behavior to the Dean of Students Office.
https://ecucares.ecu.edu/

Concerned about yourself?
It may be time to assess your mental health. Click here for a brief and anonymous self-assessment.
https://www.helpyourselfhelpothers.org/

Follow and find updates on CCSD social media!
@ecuccsd    @ecucounselingcenter   @ecu_ccsd
ADDITIONAL RESOURCES

**LOCAL**
REAL crisis
252-758-4357

Integrated Family Services
1-866-437-1821

Center for Family Violence Prevention
252-278-4357

**NATIONAL**
National Suicide Prevention Lifeline
1-800-273-8255

Crisis Text Line
Text HOME to 741-741

The Steve Fund for young people of color
Text STEVE to 741-741

The Trevor Project for LGBTQ population
1-866-7386
Or text “start” to 678-678

**SUBSTANCE USE RECOVERY**
Alcoholics Anonymous Meetings
Intergroup
Online Meeting
Group

Narcotics Anonymous Meetings
Virtual
World Services
Dean of Students Office
The Dean of Students office can assist you, in a time of crisis by helping you navigate campus procedures and advocate for you when needed. It is the central campus resource for addressing student complaints and inquiries.

*Dean of Students Office.*
252-328-9297

Disability Support Services
Disability Support Services provides support to students with disabilities by helping provide access to technology and educational resources on campus.

*Disability Support Services*
252-737-1016

Student Health Services
Student Health Services offers comprehensive health care to enrolled students while providing affordable, convenient, and high-quality services for the well-being of ECU students.

*Student Health Services*
252-328-6841

Visit the below Student Affairs offices to start Connecting:

- Dr. Jesse R. Peel LGBTQ Center
- Ledonia Wright Cultural Center
- Student Activities and Organizations
- Women and Gender Center