



# Managing Election Distress for students who hold Marginalized Identities

*The upcoming U.S. presidential election can be an especially stressful time for students who hold marginalized identities, such as women, Black, Indigenous, Latinx, Asian, LGBTQIA+, and international students.*

## What is Minority Stress?

Minority stress is the stress experienced uniquely by individuals who hold marginalized identities.

Experiences of individual- and institutional-level discrimination contribute to minority stress, which, in turn, has been associated with a host of negative mental health outcomes, including anxiety, depression, and lower self-esteem.

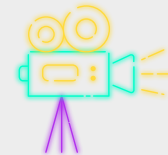
Though minority stress is ever-present, the upcoming election can be particularly triggering.

## Ways to Cope

- On election night and the days and weeks that follow, seek support from people closest to you. Make a plan for how you can share time together.



- Plan self-care activities for the day and week after election night. like exercise, mindfulness/relaxation, journaling, or watching enjoyable movies



- Limit consumption of media coverage of the election. Unplugging every now and then can be restorative.



**If you or someone you know may need additional support in coping with the election, UCS is here for you. You can access services by calling 804-828-6200. If you are experiencing a mental health emergency, call 804-828-6200 to speak with a crisis clinician.**

