

COPING WITH ELECTION STRESS



The election can bring up a range of feelings and increased levels of stress. As we head into a contentious political season and uncertainty about the future, it's important that we continue to take care of ourselves. Please join us at any of our CAPS Community Forums to process thoughts and feelings about the election, other socio-political stressors, or any issues that are impacting you at this time.

VIEW A LIST OF OUR FORUMS BELOW

(please click on the title below to access the Zoom Link)

- [Climate Change Support Forum](#)
- [Coming Together International Students Forum](#)
- [Tritons Coping and Connecting](#)
- [Students with Dependents Forum](#)
- [Mindful Scholars-A Graduate and Professional Student Forum](#)
- [Cafecito Hour for Latinx/Chicanx identified students](#)
- [APIMEDA Community Forum](#)
- [Black Women's Collective](#)
- [Outside of the Box Forum](#)
- [Processing Racism for BIPOC Graduate and Professional Students](#)
- [Processing Racism for White Identified Graduate and Professional Students](#)

TO VIEW DATES, TIMES AND DETAILED INFORMATION VISIT OUR WEBSITE AT:
https://wellness.ucsd.edu/CAPS/Documents/flyers/flyer_forums_fall20.pdf

For additional resources, please visit our [CAPS Coping During Unprecedented Times](#) webpage.

