**Tips for Students to Process Post-Election News**

* Treat others with respect and dignity regardless of differences in culture and beliefs.
* Acknowledge your feelings. You may feel that you’ve suffered an emotional loss, so give yourself time to heal.
* Take a break from the news and allow yourself to feel, no matter the outcome.
* Safely connect with friends and family. Try not to isolate if you are having a strong response.
* Do something that brings your joy or something that brings joy to others.
* Offer a listening ear to others

Remember: Despite our political affiliation we all have the ability to give care and receive care.