

# How To Cope With Inauguration Day Stress

- ◆ Surround yourself with positivity
  - ◆ Keep it all in perspective
  - ◆ Take care of yourself by eating, sleeping and exercising well.
  - ◆ Monitor your anxiety level.
  - ◆ Socialize in meaningful ways.
  - ◆ Plan enjoyable mental breaks, such as taking a walk in nature.
  - ◆ Set boundaries on how much attention you pay to politics by taking media breaks.
- ◆ Read diverse news sources.
  - ◆ Set boundaries in conversations that may cause stress.
  - ◆ Limit time on social media.
  - ◆ Try to build some consensus with those who have differing opinions. (See 'Commit to Dialogue' Document)
  - ◆ Break your day into solvable items, such as completing outstanding tasks.