

COPING WITH SOCIO-POLITICAL STRESS

The current social and political climate is exceptionally stressful as of late. If you are feeling overwhelmed, afraid, or concerned, you are not alone! Consider ways to keep balanced during these uncertain times.

Be Intentional about News Consumption

Being an informed citizen is a laudable and helpful goal. To stay healthy, though, it is important to be a mindful consumer of the news. Be thoughtful about:

- **The amount.** How much reading do you need to gain information? Notice when you're becoming obsessive and only fueling anxiety.
- **The timing.** Are you having trouble sleeping? Don't read upsetting news stories just before bed.
- **The source.** Are your news outlets factual and well-sourced? Avoid sources that tend to be inflammatory, exaggerated, and inaccurate.

Take Meaningful Action

Do something. Even taking a small step helps.

- **Share your concerns with your legislators.** Find their contact information here: <https://www.govtrack.us/congress/members/C> or here: <https://www.usa.gov/elected-officials>
Join others who share your concerns. Participate in organizations and efforts.
- **Listen well; use your voice.** Meaningful, honest conversations make a big difference.

Engage in Self-Care

Don't forget the basics. Taking care of yourself is important when you are stressed!

- **Take care of your body.** Watch your sleep, eating, and exercise habits.
- **Do intentional relaxing activities.** Breathing, yoga, and meditation can help. Take a walk and enjoy the view.
- **Rely on faith, friends, and family.** Prayer, perspective-taking, and community matter. Social support helps! Have serious talks and just have fun down time!

Use Your Resources

The Counseling Center is a free, confidential source of support available to students of any gender, sexual orientation, race, religion, political affiliation, national origin, or immigration status.

Call (310) 506-4210 to set up an appointment.

International students, regardless of documentation status, may benefit from additional support from sources listed on the back of this page.



Resource Guide

Campus Resources

David Humphrey, *Associate Dean of Student Affairs for Diversity and Inclusion*
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Brooke Cutler, *Director, Office of International Student Services*
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Nivla Fitzpatrick, *Counseling Center Director*
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School Contacts

Seaver College - Kendra Killpatrick, *Associate Dean of Seaver College*
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Graduate School of Business and Management - Anne McGinn, *Executive Assistant to the Dean*
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Legal Support

Pepperdine Law Immigration Clinic - Clinical faculty at Pepperdine School of Law will provide limited-scope legal services to Pepperdine students affected by potential changes in DACA and Executive Orders addressing immigration and travel. Students will receive general advice and counsel about recent legal updates and assistance with identifying any problems they might have as a result of the changing immigration landscape. If a student's needs go beyond this limited-scope representation, the university has committed to retaining an external, independent immigration attorney to provide more complex limited-scope services. For more information about this clinic, please contact **Professor Jeffrey Baker**, Director of Clinical Education and Associate Clinical Professor of Law; (310) 506-630; jeff.baker@pepperdine.edu

For legal updates concerning the national immigration policy, go to
<https://community.pepperdine.edu/generalcounsel/executive-order.htm>