



WILLIAM & MARY

HEALTH & WELLNESS

RESPONDING TO ELECTION STRESS

SUGGESTIONS FOR FACULTY

WHAT TO DO:

Be sensitive to how students may be impacted by the election	Be aware that some students may want to stick to the syllabus while others want to have time to discuss the election. Decide what is best for your class, explain why, and provide the opportunity for students to opt out.
Show that you care	It goes a long way to acknowledge stressful events, even if you feel that you are at a loss for words. Your interest in their experience will be appreciated.
Keep yourself informed at a healthy level	We all vary as to what level of staying informed is healthy and what is overwhelming. Own your level of how informed you are and encourage students to set healthy boundaries on how much they are tuning into news and social media.
Have campus resources available	W&M's Counseling Center, Civic & Community Engagement, and Studio for Teaching & Learning Innovation websites have resources available.
Encourage students to engage in self-care activities	Remind them to utilize social support, campus resources, and maintain a healthy eating, sleeping, and exercise routine. Refer them to W&M's Wellness website.
Be mindful of upcoming assignments	Take a look at your upcoming topics and deadlines. Can you postpone or change upcoming assignments that may be hard for students to manage?
Return to a normal class schedule when it feels appropriate	After allowing some class time to address the issue, there can be comfort in returning to normalcy. Some students may want to return to a normal class schedule, others may not.

WHAT TO SAY:

You do not need to have all the answers	"I do not know what to say, but I know that you may be having feelings about the election in the context of all that has happened this semester."
If you choose to facilitate a class discussion, you can listen and validate their experiences	"Do you have any reactions that would be helpful to talk about in class today? How are you doing?"
Help normalize the varied feelings your students may have. Some students may want to discuss the event, others may not.	"Any feelings you have are understandable. Respect your feelings, see them as an extension of your values, take time to think more deeply about them, and find time to process them with others."
Offer to connect to support	"What support would be most helpful for you right now?"
Let them know your hopes for their wellbeing and offer supportive resources	"Please remember to focus on healthy self-care and seek support that feels most right for you. The W&M Wellness website has a lot of supportive resources and programs for your wellbeing."

RECOGNIZE A STUDENT IN NEED?

Approach them privately and refer them to the W&M Counseling Center or file a Care Concern

WANT MORE IDEAS REGARDING HOW TO HAVE THIS CONVERSATION WITH YOUR CLASS?

Contact the Counseling Center or Studio for Teaching & Learning Innovation