

# WHAT HELP IS AVAILABLE?

# OTHER HELPFUL RESOURCES

## The Weight of Conflict: Addressing Stress in a Polarized Society

If you are a student and need support at this time, we urge you to reach out to any of our [advocacy centers](#) or contact Student Health and Counseling aka [SHAC](#). For students, during the break or anytime, we encourage you to access [Timely Care](#) free of charge 24-7.

Staff and faculty needing support may reach out to (CARS) or [Ombuds](#).

If you have witnessed hate or violence or via e-mail or in person, to reach out to the UNM Police Department (UNMPD) and the UNM Office of Compliance, Ethics and Equal Opportunity (CEEO), and fill out an [incident report](#).

Reports can be made anonymously and are investigated fully. UNM has confidential reporting sites for students, staff, and faculty who may not be sure if they wish to proceed with an CEEO report or if their concern warrants an CEEO report. Confidential advocates can be reached at:

Women's Resource Center: [women@unm.edu](mailto:women@unm.edu)  
LoboRespect Advocacy Center: [loborespect@unm.edu](mailto:loborespect@unm.edu)  
LGBTQ Resource Center: [fiyero81@unm.edu](mailto:fiyero81@unm.edu)  
CARS: [cars@unm.edu](mailto:cars@unm.edu)

ADVOCACY CENTERS



LOBOGUARDIAN



UNM PD ESCORT:  
505-277-2241

UNM STUDENT HEALTH AND  
COUNSELING:  
505-277-3136

DEAN OF STUDENTS



If you're experiencing online  
threats consider this resource



## A Message for our UNM Community

**UNM** STUDENT HEALTH  
& COUNSELING

# CONFLICTS TODAY

**GLOBAL CONFLICTS  
ELECTIONS (LOCAL, STATE, AND FEDERAL)  
WOMEN'S RIGHTS  
CIVIL RIGHTS  
DOMESTIC TERRORISM  
ACADEMIC STRESSORS  
BASIC NEEDS INSECURITY**

These are just a few of the challenges we face daily. These issues can contribute to stress and anxiety, impacting both our personal lives and our work. UNM strives to provide an environment that promotes freedom of speech while maintaining a respectful campus.

## You may refer to these UNM policies

UNM Policy 2220



UNM Policy 2240



# TIPS TO HELP

- **Set boundaries**
  - Take mental and conversation breaks from politics (e.g., contemplate all the things you're grateful for that day, talk about your non-political interests).
  - It's ok to walk away from an overly heated conversation that doesn't feel productive or meaningful.
- **Practice self-care**
  - Incorporate activities into your daily life that help to make you feel good and recharged (i.e. read a good book, watch a funny tv show/movie, go for a walk/exercise, play a video game).
- **Unplug from social media**
  - Limit your exposure to political news and social media (e.g., 30 minutes a day).
  - Unsubscribe/unfollow/deactivate from social media. Try this out for two weeks and see how much time you have back in your life!
- **Create a daily routine**
  - Establish a consistent sleep/wake cycle (i.e. going to bed and waking up about the same time each day). 7-10 hours of sleep a day is the recommendation for college students.
- **Connect with those who are supportive**
  - Engage with supportive friends and/or allies.
  - Participate in a campus organization, student group, intramurals and/or attend a sporting event.

# MORE TIPS

## Coping Strategies

- Put a cold compress on your face and/or neck.
- Take your shoes and socks off and walk on the grass. Focus on the sensation of the grass on your feet.
- Close your eyes and hug a tree for 3 minutes or more.
- Take 10 deep breaths.
- Squeeze a squishy, silly puddy, play dough or clay.
- Go for a walk.
- Seek a space on campus free of bias, conflict, criticism, or potentially threatening actions, ideas, or conversations...one that is aesthetically pleasing to you, devoid of stressful stimuli, a digital-free zone.
- Identify a safe space

**HERE ARE SAFE  
SPACES ON OR  
AFTER ELECTION  
DAY**

