

Post-Election Self-Care for Educator

Essential Strategies for Student Life Professionals



Key Challenges:

- 1 Political Discussion Guidance
- 2 Emotional Support
- 3 Professional Neutrality
- 4 Personal-Professional Balance

1. Strategic Information Management

- Set specific news review times (2-2-2 Method)
- Create politics-free zones
- Curate age-appropriate resources

2. Mindful Presence (HALT+ Method)

H - Hungry A - Angry L - Lonely T - Tired

+ Take one mindful breath before responding

3. Professional Support Network

- Bi-weekly care circles
- Shared resource documents
- Mentor Partnerships

Start implementing one strategy for improved well-being