

This is a red and white infographic titled "Feeling anxious about the election? Tips for coping before and after."

Below that, on the left, is a red-and-white picture of two word bubbles, with the text "Lean on your support system: set up a text chain with someone you trust -- make a plan to keep in touch" below.

Next to that, text reads, "Treat yourself: go for a walk, read a book or do something else that makes you happy," with a graphic of someone reading a book on a bench below.

The next picture shows a computer with social media icons crossed out, with the words "Log off: Is monitoring social media truly benefiting you? If not, log off."

Next is text reading, "Know when to get help: If you need additional resources or support or believe yourself to be in danger, seek professional help." A picture of a hand hitting a "help" button is below.

The bottom of the graphic reads, "Find more resources and tips at election.iu.edu."