

On November 5, some people won, some people lost. But **DEMOCRACY WON!**

The foundation of a nation is many things, but the foundation will not last without 2 KEY attributes – ***kindness and civility***. Some of us may agree with who won and some of us may disagree but, on November 5, we did so with kindness and civility. We exercised our right to vote, and we allowed others to do the same, again with civility. We may disagree on many issues, but we will be grateful for the peaceful transition of power in January, which many people in other countries cannot take for granted.

If you pray, please include this line in your prayer:  
**May kindness prevail!**



This is a trying time for many. You don't have to go through it alone. Please seek help if you need it.  
[\(https://www.udel.edu/students/safety/\)](https://www.udel.edu/students/safety/)

# UD Resources

- [UD's Center for Counseling & Student Development and UD Helpline](#): CCSD is open and available remotely, and 24/7 mental health support remains available on the UD Helpline at 302-831-1001 for any student in need of someone to talk to. Visit CCSD's website for additional information and resources.
- UD's Crisis Text Line: Text "UDTEXT" or "STEVE" at 741741 for students of color to connect with confidential text message support.
- [Division of Student Life](#): Explore the Student Life's Wellbeing webpage for a comprehensive listing of well-being resources, activities and services available to all students.

# Self Care

- Self-care Techniques

- Find something that helps calm you. Given below are certain activities that help me with my anxiety and depression.

- Meditation: Personally, I like the apps – Calm and Headspace.

- I haven't used the paid version of either. I simply use the free portions of the app.

- Breathing Exercises (see attached pdfs #2 & #3)

- Breathing & other exercises that you can do in your seat.

- Don't let Uncertainty Paralyze you

- How Anxiety Traps Us, and How We Can Break Free

- Some pointers about how to seek help and how to provide help to someone in mental distress is provided as attached pdfs #4 and #5.

# Self Improvement

- [The Basic Principles For Solving Just About Any Problem](#)
  - This is not a ground-breaking article in any way. But, ever since I read this article more than five years ago, I keep going back to it to remind me of the basics of problem-solving.
- [How to Less Distracted at Work ---and in Life](#)
  - You can listen to a podcast episode version of this article without subscribing to HBR.
- How to control Email from overwhelming you: [inbox-zero](#)
- A must-watch video: How to avoid distractions & be indistractable: <https://www.scienceofpeople.com/indistractable/>
  - If you don't have time to watch the video, please read the web page for a quick summary of the methods that will help you become indistractable.