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Yoga 101

Yoga is a practice that you can do anywhere, anytime, and it can improve your physical and mental health. Yoga is made up of various exercises that help you relax, strengthen, and balance your body.

Find more at: www.ufysubmission.com

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Join the conversation

spaces for dialogue and resources of support:

staff, faculty, administrators, and students have organized and are gathering to have difficult, sensitive, and necessary conversations. Across the university, on-ones, in small groups, or in collective spaces, we want to hold space to talk about the upcoming election. This election impacts us all differently, and whether that is individually, in one-on-ones, or in groups, we want to have intentional spaces for dialogue and verbal expression.

As a community, it's important to give ourselves time and space to heal, to find a way forward after the election. The next few days, and potentially weeks, will require us to exercise more patience than usual. Because the pandemic has changed how many of us vote, the state and local level, electors from the electoral college do not meet until December, and the new congress does not accept the results until January. The election is working and we're doing things the right way. No one individual can prematurely and falsely declare themself the winner. Elections are certified at the state level, and the United States is working and we're doing things the right way.

We want every single vote counted for a fair election. Don’t forget, uncertainty does not mean the election is not over.

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Patience is crucial. Because the pandemic has changed how many of us vote, the state and local level, electors from the electoral college do not meet until December, and the new congress does not accept the results until January. The election is working and we're doing things the right way. No one individual can prematurely and falsely declare themself the winner. Elections are certified at the state level, and the United States is working and we're doing things the right way. No one individual can prematurely and falsely declare themself the winner.

Workout #1:

Drink some water

Workout #2:

Step outside, find a safe space, and take 10 deep breaths

Workout #3:

Watch something that will remind you what laughter feels like

Workout #4:

Write for 5 minutes without thinking

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Community Corner

There are many resources available on campus that can help you navigate the challenges of this election. Here are just a few

- The Leo T. McCarthy Center for Public Service and the Common Good share practices into some simple self-care but we can channel our energy into some simple self-care but we can channel our energy into some simple self-care. In the current climate, we can shift to an internal focus, and a smart game plan, we can flourish into the new year.

- The Center for the Study of Disasters and Humanitarian Aid provides resources for disaster response and recovery.

- The Department of Public Safety’s Free Expression and Demonstration Guide offers resources for those who are looking for ways to express themselves freely.

- The USF Votes Post-Election Toolkit provides comprehensive resource compilation after the election to continue the work of advancing justice.

- Our colleagues at the Center for the Study of Disasters and Humanitarian Aid provide resources for disaster response and recovery.

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