



November 5, 2020



This week we encourage everyone to focus on self-care practices that support resilience in the aftermath of the recent election. Be kind to yourself, and take the time to recharge so you don't burnout in the coming weeks. If 2020 was a marathon, we are approaching the 20 mile mark where many runners hit 'the wall'. But much like a marathon, with proper pacing, intelligent preparation, a shift to an internal focus, and a smart game plan, we can flourish into the new year.

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Powerful weapon
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Nelson Mandela



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Yoga 101

Journaling allows us to critically engage with how we are showing up for ourselves and for others, and provides a space to look at healing our wounds. Consider, what do you need right now?



Train Your Brain

This simple breathing drill can help to decrease stress, reduce pain and improve concentration in just a few minutes each day.

FEATURED WORKOUTS



Workout #1:

Download your **race bib** and join us for this week's challenge! Simply DM us on Instagram (**@usfkoret**) to submit your entry!



Workout #2:

Need a gentle recovery workout? Follow along with Maggie for this mobility flow WOD



Workout #3:

End your day with self-care and serenity when you attend Bedtime Yoga with Brian (Thursdays @ 9pm). Email **fitness@usfca.edu** to request a Zoom link.



Workout #4:

Coach Sky recommends this Full Body HIIT workout for swimmers looking for dryland training to build explosive power in the water.

SELF-CARE CORNER

Our colleagues at the **Loveland Foundation** remind us to listen to our hearts and bodies and to be gentle with ourselves. Anxiety is a normal response to this election, but we can channel our energy into some simple self-care practices

- Drink some water
- Put your hand on your heart and take 10 deep breaths
- Step outside, find a safe space, and feel the breeze on your skin
- Watch something that will remind you what laughter feels like
- Write for 5 minutes without thinking
- Wash your face
- Drink a cup of tea
- Know that it's enough



COMMUNITY CORNER

The Leo T. McCarthy Center for Public Service and the Common Good share this message with the community:

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, our essential workers will need more time to count all of the ballots. And we want every single vote counted for a fair election. Don't forget, uncertainty does not mean illegitimacy — the uncertainty is expected. It means that the process is working and we're doing things the right way. No one individual can prematurely and falsely declare themselves the winner. Elections are certified at 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 elections are not over.

As a community, it's important to give ourselves time and space to heal, to process, and to have intentional spaces for dialogue and verbal expression.

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

- Access a calendar of **post-election dialogue spaces and resources** for support across the university
- Post-election **comprehensive resource compilation**
- **USFVotes Post-Election Toolkit** with messaging guides to prepare for post-election discussions
- **CAPS Election Self-Care Kit** or **CAPS individual consultation** to schedule an individual consultation
- Resources from Gleeson Library to spot **misinformation and fake news** and learn how to have productive **civil discourse** on contentious topics
- **Department of Public Safety's Free Expression and Demonstration Guide** to stay safe if you plan to organize and/or demonstrate
- Find post-election support for faculty and staff through **Concern EAP**
- **Post-Election Spiritual Care Check-Ins** with University Ministry

As a university, we assert our desire for elected leadership that is humanizing, compassionate, and inclusive. We value critical thinking, challenging conversations, and active work to build and support the community while analyzing how the distribution of power impacts both individuals and systems. In the coming days and weeks, we encourage everyone to set aside time for hope and healing and to continue the work of advancing justice.

Join the conversation **#USFCA**



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