How to Engage in Conversation Using Empathy

Questions to Show That You Care:

- Do you want to talk about the election?
- What was an important issue for you?
- Has it been difficult to talk about the election?
- How can I support you as a fellow Husky right now?
- What makes you feel good?
- What energizes you?

Tips for when someone is feeling...

Anxious or Stressed
- Practice anxiety-specific self care with friends
- Take time away from the screen and practice deep-breathing exercises together or positive self-talk
- Engage in a fun, creative, or pleasurable activity

Frustrated or Angry
- Pay attention to which forms of debriefing help you and which do not
- Consider taking a step away from the news or social media if they are intensifying your feelings
- Model healthy communication to your friends and peers about what you need from them

Fearful or Hopeless
- Do something productive
- Do things that provide you with a sense of control
- Focus on a task that helps you feel useful
- Focus on ways you can put something positive or uplifting into the world
- Explore ways you can make a difference in someone’s life for the better

For more resources about voting, please visit the uKindness Website using the QR code.

Seeking Additional Support

Individuals who are experiencing overwhelming anxiety or other mental health challenges can seek additional professional mental health support. If you are a UConn student enrolled at the Storrs Campus, you may contact SHaW—Mental Health by phone at 860-486-4705.

Your Residence Hall Director(s) and Resident Assistants can also be of support during this time. Their contact information can be found at reslife.uconn.edu/residence-hall-directors/.