



Supporting Our Access Mission in the Age of Uncertainty: Staying Refreshed, Focused and Resolute

Robin H. Holmes-Sullivan, Ph.D.

Vice President, Student Affairs

University of California

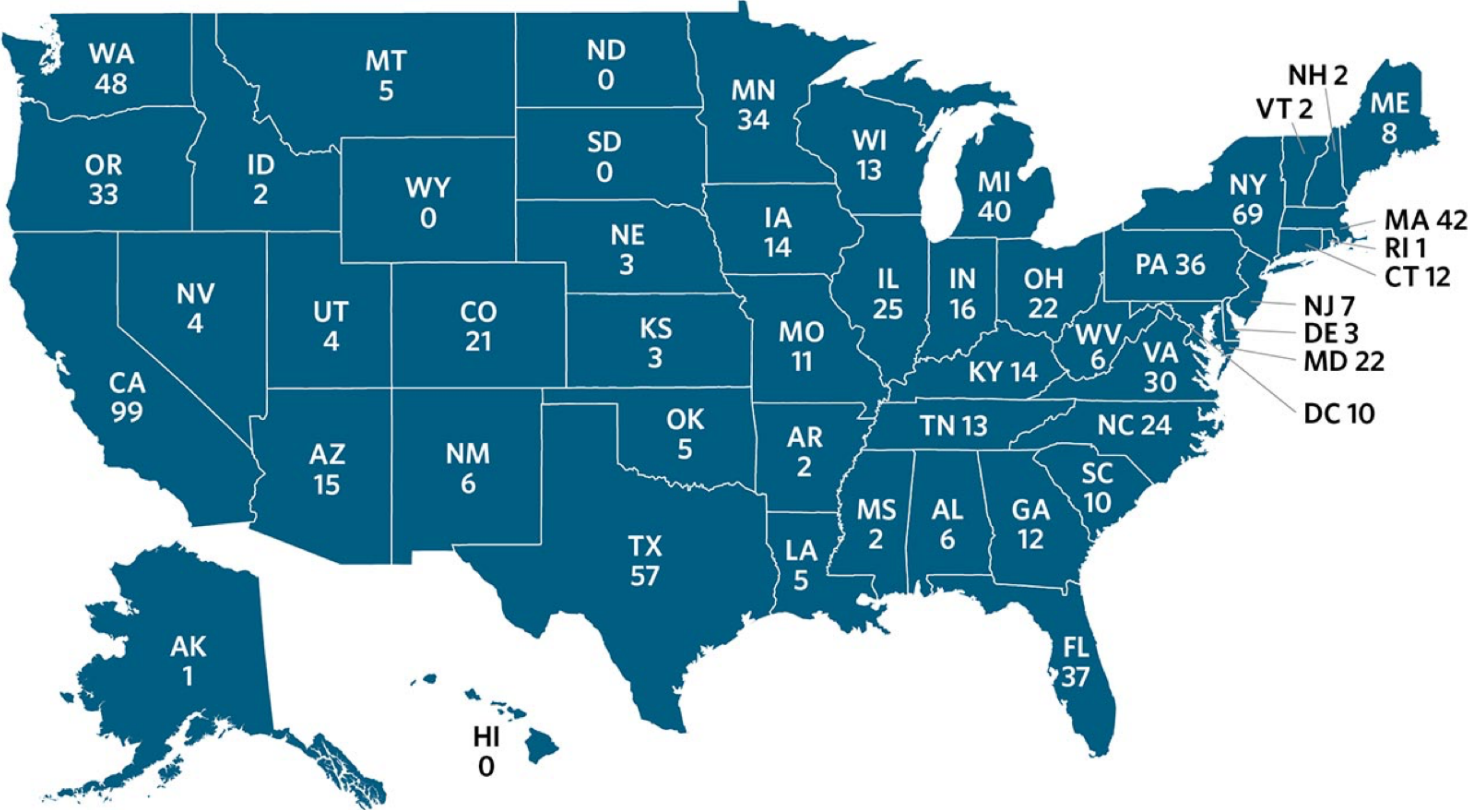
College Access and Preparation (CAP) Forum 2017



Racist graffiti inspired by the Presidential election.
Hate crimes have spiked since Donald Trump's victory.

Photograph Courtesy Twitter / @Pinocchio_Lies

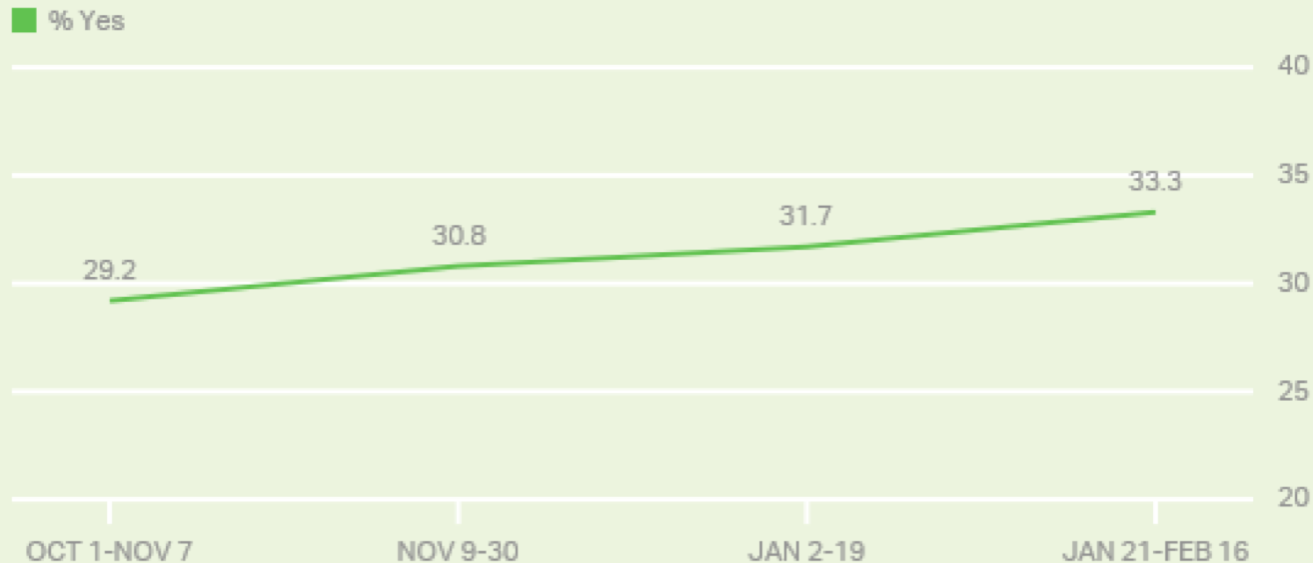
867 POST-ELECTION HATE INCIDENTS



Southern Poverty Law Center, Nov. 29, 2016
Cassie Miller and Alexandra Werner-Winslow
Edited by Richard Cohen, Wendy Via and Alex Amend

U.S. Worry Before and After the 2016-2017 Election and Inauguration

Did you experience the following feelings during a lot of the day yesterday? How about worry?



GALLUP-HEALTHWAYS WELL-BEING INDEX

These results are based on more than 50,600 interviews with U.S. adults from Oct. 1, 2016, to Feb. 16, 2017, as part of the Gallup-Healthways Well-Being Index.

7 Things You Can Do:

- Breathe
- Pace
- Rejuvenate — often
- Decompress
- Process
- Be courageous
- Love

BREATHE

PACE

REJUVENATE
... often

DECOMPRESS

PROCESS

BE COURAGEOUS

LOVE



Thank you!

robin.holmes-sullivan@ucop.edu