Can’t decide whether to stay in or go out? You may need a little down time—courtesy of yoga instructor Jill Satterfield.

“I’ve been noticing that a lot of us have been holding a lot of anxiety and destructive emotions during this campaign,” says Satterfield, the founder of Vajra Yoga.

She’s calling her hour-long evening meditation session “Love Thy Enemy,” and insists that no matter who wins tonight (or whenever), people need to learn to chill out—for the sake of their own health. All they need to do is email her at jill@vajrayoga.com.

“There could be a follow up, depending on the outcome of the election,” she adds. “This might have to be ongoing.”