

# Coping with election-related stress and uncertainty



Political stress is common, especially during election season. If you're feeling anxious, having trouble concentrating, or just exhausted from all the political noise, here are some tips to help manage stress:

## Know your limits

If getting involved helps you, consider volunteering or joining local campaigns. Just be mindful of your mental health—if it feels overwhelming, it's okay to step back and focus on hobbies, loved ones, or activities that bring you joy and peace.

## Limit screen time

Staying informed is important, but endless scrolling can increase stress and lead to “doomscrolling.” Set specific times for updates, and when you unplug, keep your phone in another room and allow only important calls. This creates a true break from the constant stream of news.

## Create your stress-relief toolbox

Create a list of go-to activities that make you feel good, like movie marathons, reading, or trying new recipes. Starting a hobby, such as painting or yoga, can also keep your mind engaged and provide a healthy escape from political noise.

## Enjoy nature

Step away from the noise and enjoy the calming effects of nature. Whether it's a walk in your local park or a hike in a national park, spending time outdoors can refresh your mind and reduce stress.

## Make a voting plan

You can't control everything, but you can take charge of your vote! Make sure you're registered, then plan how you'll cast your ballot—whether in person or by mail. Knowing your plan can help reduce anxiety about the election.

## Seek help if needed

If the political climate is leaving you feeling anxious or depressed, don't hesitate to seek support from a counselor or mental health professional. There's no shame in asking for help, and reaching out can make a big difference in how you feel.

**Take care of yourself—remember, this stressful time won't last forever, and finding small ways to cope can help you stay balanced!**

**Caring for you in all ways. Always.**

We understand that this is a challenging time for many people, and we're here for you.



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