

COPING WITH ELECTION STRESS

TAKE STEPS TO REDUCE STRESS AND MANAGE OUR REACTIONS

NOVEMBER 2024



KEEP UP

- Maintain your routines and wellness habits—active self-care helps manage emotions and thoughts.
- Stay physically active to reduce stress and boost your mood.
- Follow the news but know your limits—too much can be overwhelming.
- Stay connected with your community—interacting with others can ease loneliness and bring meaning.

KEEP FOCUSED

- Focus on yourself and your needs
- Recognize the impact the elections are having on you.
- Be curious about what is happening to your mind and body.
- Acknowledge your experience in a nonjudgmental way.
- Focus on what is within your control.

KEEP ACTIVE

- Make a plan for yourself on election night and after. Who can support me? Who listens to me?
- Be proactive with taking breaks and finding ways to recharge.
- Advocate for your needs and reinforce your boundaries.
- Seek professional help if needed.

Elections can bring up stress, uncertainty, and fear of the unknown. It's okay to feel stressed and it's important to find ways to cope.



**Counseling and
Psychological Services**