

PRE-ELECTION STRESS

Tips on how to manage your stress and pre-election anxiety



If election stress is getting to you, you're not alone. In a poll by the [American Psychiatric Association](#), nearly three-quarters (73%) of respondents said they're feeling anxious about the presidential election. Intense feelings such as fear, anger, sadness and worry are natural reactions to challenging times. If you are feeling anxious about the run up to the election, here are a few tips to help you cope.

Avoid dwelling on worst-case scenarios. When there's uncertainty, many worry about "what-ifs" and go to worst-case scenarios. Try to avoid dwelling on things you can't control. Sometimes distraction or practicing [mindful self-awareness](#) can help you stay in the moment and break the habit of worrying about bad outcomes.

Get involved. Just making a plan on how or where you will vote can help reduce anxiety. You can also get involved in other purposeful activities, like donating to get-out-the-vote efforts, letter writing, working in a field office, or whatever you feel passionate about.

Have an Election Day plan. Uncertainty about the election may not end on Election Day. Results may take more time than expected to process. In addition to voting, plan something to do Election Day that will keep you busy and connected to social support. For example, arrange to have dinner with friends or spend quality time with a family member.

Take Care of Yourself

Unplug. If following the news, watching rallies, or scrolling through social media is causing you stress, control your media exposure. Log off when you can and set a time just once a day to check the news.

Make self-care a priority. Much of what is going on is out of your control. But you can control how you take care of yourself. Get active, pay attention to your diet, get good sleep. Try [meditation](#) or be sure to have some quiet time every day.

Stay socially connected. Spend time with friends and family. Get emotional support by sharing your concerns with people you trust.

Set boundaries. Boundaries for political conversations can be set kindly and with respect. If you draw the line and someone continues to cross it, "agree to disagree" can be a positive way to end the conversation.

Get help. If you feel stuck or have difficulty managing your feelings, consider contacting Concern for support. Call 800-344.4222 or visit employees.concernhealth.com. Calls are answered 24/7.