

# Managing your mental health during election season

Being inundated with news, opinions, and predictions about the upcoming election can get stressful, and when election conversations are impact your relationships that's even worse. If election season or the political climate has you feeling confused, stressed, angry, or even burned out, you're not alone.

Here are our therapists' guidelines for navigating the days between now and November 5th

## Control your news consumption



Be intentional with the type and amount of news you read or watch. Whether or not you know every bit of news as it breaks will not affect the election outcome.

## Practice social media self-care



Monitor how you engage with social media and who you follow. If you find yourself feeling angry, anxious, or blue after engaging with certain accounts or types of content, try limiting or eliminating it from your feed.

## Be mindful of your head and heart



Avoid too much engagement with opinion-news that's focused more on emotions than information.

## Keep the workplace calm and respectful



Everyone is entitled to a workplace where they can focus on the job without being defined by or defending their political views.

## Steer clear of certain conversations



If talking politics with certain people isn't productive or crosses your emotional boundaries, just don't engage.

## Focus on what you can control



Stressing over the election will not change the outcome, but taking action may decrease your anxiety. Volunteer to register voters, help out a campaign, or be a poll worker.