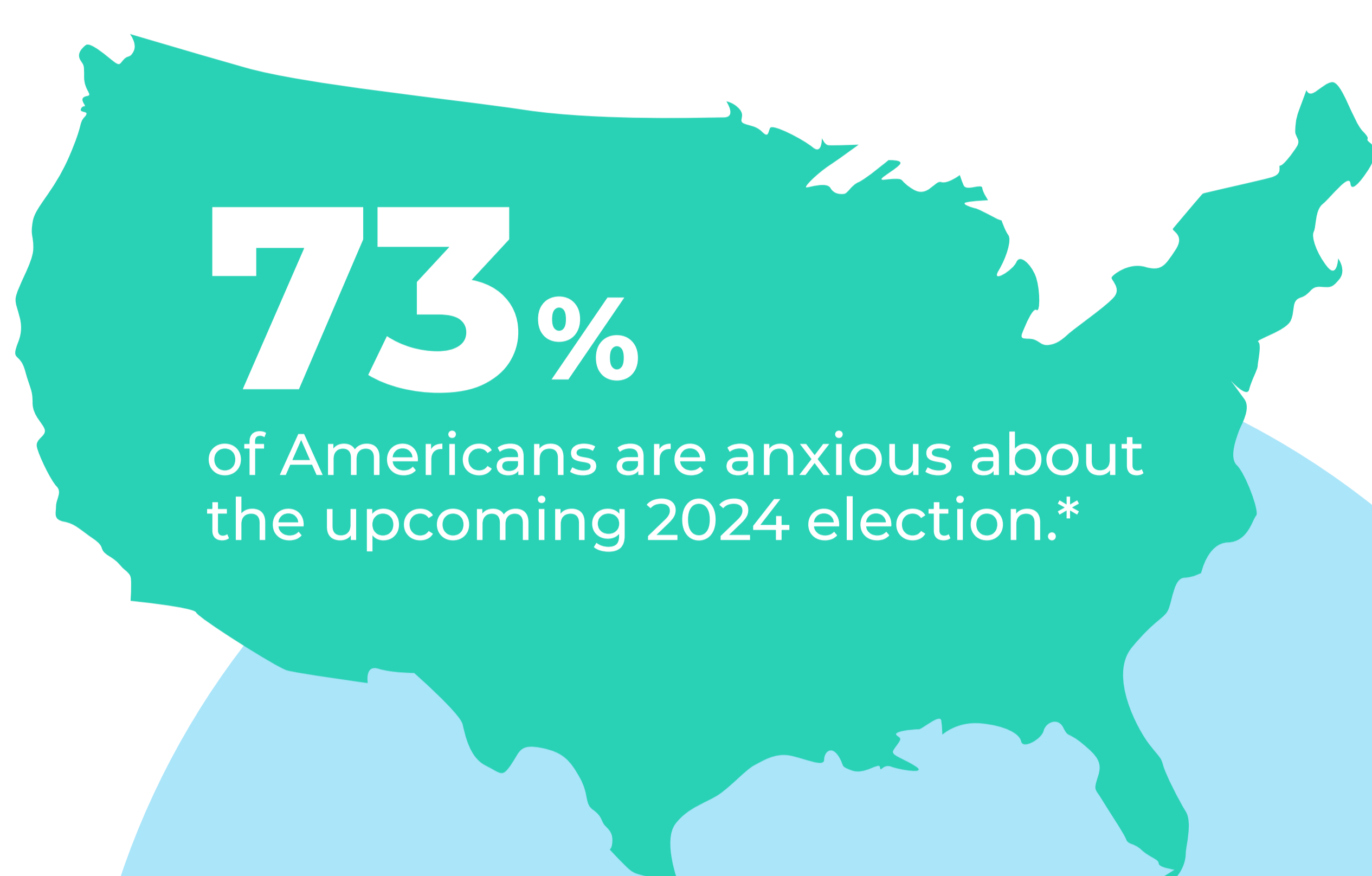


Managing Stress During Election Season



YOU ARE NOT ALONE

Election season can be an especially stressful time in the U.S., and it's not uncommon to feel uncertainty, isolated, or upset.



Tips to Manage Election Season Stress

Create a routine.

A routine can help you feel more in control. Include time to interact with the real people in your life and take part in activities you enjoy.

Set boundaries.

Limit how much you engage with politics and social media. If you feel yourself spiraling, take a break.

Volunteer.

Helping people and furthering a cause you believe in can raise your self-esteem, pride, and empowerment.

Get information from reliable sources.

Check candidate websites and validated news sources. Fact check trending stories on PolitiFact or Snopes.

Decompress.

Have a way to release your emotions: take a walk, meditate, practice yoga, journal.

Know your talking points.

You will have conversations with people who have different view points. Know what you want to say and be willing to listen to other people's points. Arguing doesn't change anyone's mind. If it gets heated, know when to walk away.



If You Need Help

Election Stress Crisis Text Line

<https://www.crisistextline.org/>
Text or chat with a crisis counselor.



988 Suicide and Crisis Lifeline

<https://988lifeline.org/>
Call, text, or chat with a crisis counselor.

Youturn Health Peer Coaching

Email: admissions@youturnhealth.com | Call: 888-520-1868

Get confidential mental health support from a dedicated peer coach.

For More on Managing Stress During the Election Season:

<https://youturnhealth.com/blog/stress-management-during-election-season/>

*Source: <https://www.psychiatry.org/news-room/news-releases/annual-poll-adults-express-increasing-anxiousness>