

Managing Stress and Anxiety During the Election

We're at the apex of the election cycle but that does not mean that heightened tension and the polarization that goes along with the election will go away after tomorrow.

When "your side" loses, it can feel like the world is going off track in terrible and permanent ways. You can feel personally threatened in ways that trigger deep and uncomfortable emotions.

How can you manage your anxiety in times of political conflict while remaining positive? Here are some tips to help you through the next several days.



1. Set aside short blocks of time to catch up on political developments. If you must, set a timer to limit your "news" time.
2. If there are delays in results after the election, try not to focus on premature and biased predictions. Give time to let the process play out. You've done your part, so now let the system run its course.
3. Take a long-term perspective. In every election, one side will win, and one side will lose. Over the course of history, opposing forces have shifted from side to side and in the end, we somehow manage to get through troubling times. It's okay to be impatient for changes that you think are important, however, it's also important to understand that big changes take time and rarely follow a straight line.
4. Seek mindfulness. Take a moment to meditate, turn to supportive friends or get out in nature. A calmer mind will allow you to engage with the world and find some peace.
5. Find ways to laugh. Watch a funny movie or TV show. Humor is the best medicine.

This year is like no other in our lifetime. Take a moment to maintain your sanity amid the pandemic. Take time for yourself. Take a look around and be appreciative of the things you have. Control what you can control and let go of the things you can't.