

# Tips to Manage Election Anxieties

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1. **Do not focus on what you cannot control** During times of uncertainty, it is common to imagine a worst-case scenario. Recognize that on election night, there may not be a clear winner. Be OK with not knowing and limit thinking negatively about election outcomes. Tell yourself you can wait until all votes are counted.
2. **Focus behaviors on what you can control** Engage in meaningful activities that you enjoy.
3. **Limit exposure to the news** Watching a 24-hour news cycle can increase your stress response. You may want to watch / read about election updates just once a day.
4. **Recognize some anxiety is normal** An article from Newsweek highlights that the election brings about our "fears and hope of how the administration will reflect our values as citizens." Reassure your midbrain that regardless of what happens, we as collective citizens are resilient and strong. We have coped with challenges like the Covid-19 Pandemic and the 2020 election before, and we have the internal resources to cope with outcomes of this election.
5. **Establish mutual supportive connections** American Psychological Association writes: "people who have at least one or two friends or family members to turn to during stressful times tend to cope better than those who don't have support." Stay connected with friends, housemates, family members, or roommates. Participate in campus supported activities to expand your support during the week of the election. We've invited therapy dogs to come to campus right before election day to help soothe stress. Join us in the World Community Center from 12-2pm on Monday, November 4th.
6. **Stay active** Exercise helps relieve stress and regulate mood. On election day, plan physical activities to promote health and well-being. Check out the [drop-in movement classes](#) at the Roy Flores Wellness Center to get your body moving and release election stress.
7. **Engage in self-care strategies** Some self-care strategies may include getting enough sleep; eating well; exercising; staying socially connected; mindful meditation; and limiting exposure to news cycles. Check out the [Greater Good Science Center](#) for short guided-exercises that promote self-care and well-being.

## References

American Psychological Association. (2020, October 7). 2020 Presidential Election A Source of Significant Stress For More Americans Than 2016 Presidential Race. Cision, PR Newswire. <https://www.prnewswire.com/news-releases/2020-presidential-election-a-source-of-significant-stress-for-more-americans-than-2016-presidential-race-301147222.html>

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