

## 3 Ways to Remain Grounded During Election Season



The election season may bring up a variety of heightened emotions—stress, uncertainty, anxiety, hope, fear, frustration, apathy, and more. While it's normal to experience a whole spectrum of emotional responses, it's important to recognize when election-related stress is affecting your daily life and functioning. If these feelings are becoming overwhelming or persist for a long period, it may be helpful to speak to a mental health professional for support.

For general coping strategies, here are three simple ways to manage election stress:

1. **Acknowledge your emotions.** Take time and space to acknowledge your emotional responses. Recognize how they feel in your body and explore the underlying causes. For example, feelings of uncertainty may be fueling heightened anxiety, stress, and discomfort. This recognition can then lead toward accepting what is within your control and trusting that you'll be able to cope with any outcome.
2. **Be mindful of your daily habits.** Be aware of your news consumption and consider setting specific times to check for updates rather than constantly scrolling or watching TV news. It's also helpful to focus on the basics, such as getting regular physical activity, maintaining a balanced diet, and

getting adequate sleep. Try to “get out of your head” by doing something physical like taking a walk, gardening, or creating something artistic. It makes a big difference.

3. **Stay connected.** Reaching out to friends, family, and community members can provide emotional support and a sense of solidarity. Engaging in conversations with people you trust can help you process your thoughts and feelings, making the stress more manageable and promoting a more balanced and informed perspective. Sharing enjoyable activities and light-hearted moments can be equally beneficial for your mental health.

If you're looking for guidance on managing your emotions, developing healthy coping strategies, or working through challenging relationships or conversations, your EAP can connect you to a mental health clinician for personalized support. Services are free, confidential, and accessible 24/7. To learn more, call **855-775-4357** or [visit online](#).