

CRISIS TEXT LINE |

How to Cope with



Anxiety

Coping with Pre-Election Anxiety

If you or your loved ones are experiencing pre-election anxiety, try these tips to help reduce stress and tension in the lead-up to the 2024 presidential election.

- **Create News Boundaries:** It's important to stay informed, but it's equally crucial to take breaks. When setting up your routine, be sure to include time limits for news, along with time for self-care to clear your mind, reset your emotions and avoid screen fatigue.
- **Prioritize Self-Care:** Taking care of yourself is crucial during election season. Engaging in positive activities helps shift your focus from stressors and overall election anxiety and supports a healthier, more balanced lifestyle.
- **Prepare for Tough Conversations:** Discussing presidential views and current events with others can lead to frustration, know your perspective and be open to hearing theirs. If the discussion starts to get heated, it's okay to step away, do some breathing exercises or take a walk to maintain your calm.

Need support? Text **ELECTION** to **741741** to reach a live volunteer Crisis Counselor.

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The votes are in and emotions are running high across the country. The post-election aftermath continues to dominate the news, and social media is abuzz. While some may feel joyful and triumphant, others might be grappling with disappointment, fear or confusion. If you or your loved ones are experiencing post-election anxiety, here's how you can manage and cope with these feelings.

- **Reach Out to Others:** Avoid isolating yourself and share your thoughts with someone you trust.
- **Keep a Journal:** If talking isn't your thing, write down your thoughts and emotions. Acknowledge and accept these emotions, giving yourself the space to process everything. Putting your feelings on paper can help you make sense of them.
- **Practice Self-Care:** This could mean curling up with your favorite book or show, exercising, or taking a bath. Make sure to prioritize your own well-being and attend to your needs before offering support to others.
- **Just Listen:** Ask open-ended questions to gain insight into others' experience. Acknowledge their emotions and reassure them that their feelings are valid. It's fine if you don't have solutions.
- **Avoid Overextending Yourself:** Assisting others can be overwhelming. Make sure to prioritize your own well-being and attend to your needs before offering support to others.

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