Tackling Information Overload During ELECTIONS

- **Set Boundaries:** Consider setting specific times to check the election news rather than constantly scrolling through updates. Selecting news sources that are reliable and unbiased can also help reduce confusion and conflicting information.

- **Use Aggregators and Summaries:** Tools like news aggregators or daily briefings can give you a quick overview of the most important stories without having to sift through endless articles.

- **Focus on What Matters:** Identify key political topics or issues that are most relevant to you. Concentrating on a few important areas helps you avoid getting lost in the sea of information.

- **Take Breaks:** Engaging in offline activities can give your mind a chance to rest and process information more clearly. Remember, it's okay to step back and take control of your media consumption to maintain your well-being during the election season.

- **Practice Self-Care:** Disconnect from current events by engaging in mindful activities such as taking a walk, listening to music, talking to friends or reading a book will take your mind off the things that cause anxiety and drive you towards a healthier lifestyle.

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