

TIPS FOR MANAGING ELECTION ANXIETY



LIMIT NEWS CONSUMPTION.

- Set specific times for news intake.
- Choose fact-based, balanced news sources.
- Allow time to process what you read.

PRACTICE MINDFULNESS.

- By focusing on the present moment, you can shift attention away from future uncertainties and reduce anxiety.
- Use meditation or deep breathing exercises.

FOCUS ON WHAT YOU CAN CONTROL.

- Combat election anxiety by taking positive actions.
- Engage in voting, volunteering, or constructive discussions.
- Redirect energy toward meaningful efforts aligned with your values.

STAY CONNECTED TO SUPPORTIVE COMMUNITIES.

- Combat isolation by engaging with friends and family.
- Emotional support helps process feelings and gain perspective.

PRACTICE SELF-CARE.

- Prioritize physical health through exercise, sleep, and nutrition.
- A healthy body supports better emotional resilience.
- Gratitude journaling can help cultivate a deeper appreciation for the positives in life.



Source: Lipkin, N. (2024, Oct 23).
Have election anxiety?
6 practical tips from a psychologist to stay calm