

SELF-CARE AND THE ELECTION

The election and the constant media coverage of it can add to our anxiety and sense of uncertainty. Below are some helpful ways to navigate this year's election:

- Follow social-media accounts that share helpful or inspiring information and unfollow the accounts that make you feel bad about any part of your life, your views or put you into a negative headspace.
- Remember to vote! Your vote matters. Voting may give you some sense of relief in a situation that can feel chaotic and unstable.
- While the election and political debates are important (and there are many benefits to hearing different viewpoints) it is okay to take a break from the conversation. If these conversations leave you feeling depleted, anxious, or stressed, you can try to avoid or limit discussing politics and the election, even with people who agree with you.
- Remember that this year it may be more of an election month than an election day and you may need to make taking care of yourself *even more* of a priority during November.

To reduce feelings of stress, worry and anxiety, try following the tips below to help steer your emotions during this tense and uncertain time.

Stick to your routine: Maintaining a regular schedule of activities and taking care of your usual responsibilities can help you be present and re-establish a sense of normalcy.

Take care of yourself: You will feel better if you get enough sleep, eat properly, and get regular exercise.

Engage in fun and meaningful activities: Take some time to do something you usually enjoy—take a walk, watch a movie, connect safely with friends. This can increase your sense of well-being and your optimism.

Practice relaxation: Yoga, meditation, or mindfulness can help you let go of stress and tension. Visit Jed Foundation's [Press Pause](#) for more relaxation ideas.

Take a mental health day or day-off: Plan ahead with your manager to use your FlexPTO and take time when you need it, you are better at your job when you take time to care for yourself.

Limit your social media and news time: Constantly checking news feeds or other social media may increase your stress. Set aside specific times to check news and social media. Too much time online can also interfere with getting enough sleep.

Have an emergency plan ready: If you need to talk to someone immediately, there are a number of crisis support and hotlines available. Try the National Suicide Prevention Lifeline (1-800-273-8255) or Crisis Text Line (text HOME to 741-741).