



## Self-Care Tips for Dealing with Election Stress

1. **Try to keep up your daily wellness habits.** If you have a routine for physical activity, keep it up! Stick to your normal sleep routine. Maintaining your existing healthy habits will help sustain you through stressful times.
2. **Practice being present-focused.** Anxiety about possible future events depletes energy to deal the future when it arrives. Ask yourself if there are any likely future possibilities that you need to plan for. Make time to plan, and then gently shift your focus back to here-and-now. You may have to make this shift back to the present many times throughout your day.
3. **Focus on things within your control.** If you start to feel anxious or overwhelmed, shift your focus, and identify one or two small things you can do. For example, participate in the political process, engage in small acts of kindness, and/or create a self-care plan.
4. **Take action close to home.** Focus on doing something concrete in your own community. You could volunteer or fundraise for a candidate you support, or for a local nonprofit that aligns with your values.
5. **Be intentional about your news and media consumption.** Take breaks for a few hours (or as much as you can) each day and give yourself time to rest and focus on other things. Limit your news sources to a few that you trust. Try not to get lost in scrolling - too much news can be counter-productive!
6. **Take care of your body in the present moment.** Turn your attention towards your physical well-being. What does your body need? Rest? Movement? A hot shower? A warm meal? A good stretch? A long walk? A few deep breaths? Avoid using drugs or alcohol as a coping strategy.
7. **Gather your support squad.** Who can you talk to about the election who understands and respects your point of view? While engaging across difference is important, it's also important to connect with like-minded allies who can create a safe space to share your feelings.
8. **Ask for help.** You can always get support, especially if election-related stress creates symptoms of anxiety or depression that last for more than two weeks and begin to negatively affect your work or relationships

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*Adapted from Brandeis University's Office of Health and Wellness Promotion and University of Michigan's Office of Counseling and Psychological Services*