COPING WITH ELECTION ANXIETY

SET BOUNDARIES

We may come in contact with those who have different beliefs and opinions than us.

Ask yourself what you are wanting to accomplish by having this conversation.

It is okay to take a break from political conversations and redirect the conversation or tell someone you are not comfortable talking about politics.

LIMIT SOCIAL MEDIA

While it is important to stay informed, social media can cause anxiety due to differing opinions, conflict, increased information, and feeling out of control.

Be mindful of your social media usage.

If you need to:
- Disable notifications
- Remove unnecessary apps or news apps
- Use app limits
- Unfollow triggering people or pages
- Follow "feel good" pages
- Keep scrolling

FOCUS ON WHAT IS IN YOUR CONTROL

Make a list of what is in your control in this moment.

Channel negative thoughts, feelings, and energy about politics into something positive, such as:

~ Volunteering for a cause you believe in
~ Joining a support group
~ Engage in social activities

Try to make peace with the unknown.

Fixating on what is out of our control can cause increased anxiety.

TAKE TIME FOR SELF CARE

Make sure to get enough sleep, food, and exercise.
Engage in pleasurable activities such as:

- writing
- getting outside
- going to a sporting event
- listening to music
- hiking
- watching a movie
- spending time with friends
- reading a book
- practicing meditation or prayer
- getting organized
- volunteering
- gardening
- taking a shower
- drawing
- cooking
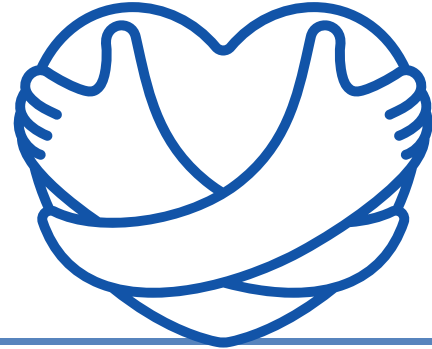
REACH OUT FOR SUPPORT

Reach out to a friend or family member
Talk to an advisor, professor, or other support at EIU
Join a group or RSO

KNOW YOUR RESOURCES:

Counseling Clinic: 217-581-3413
group counseling, individual counseling, mental health resources

Health Education Resource Center: 217-581-7786
workshops on self-care, stress management, sleep, and more

Togetherall
24/7 anonymous peer support platform
https://www.eiu.edu/mentalhealth/togetherall.php

National Crisis Hotline: 988

HEALTH & COUNSELING SERVICES
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