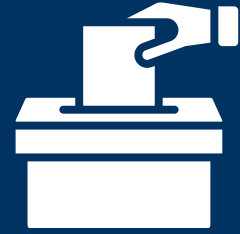


How to Manage Election-Related Stress



UHS recognizes that the election season may be particularly challenging for many of us on campus. Those who identify with historically marginalized communities may be bearing the weight of these challenges most acutely. We are committed to actively improving the mental health and well-being of our UC Berkeley community and creating opportunities to practice empathy and compassion towards each other. Below are some ideas for how to manage election-related stress and foster your resilience.



Avoid dwelling on things you can't control

When uncertainty strikes, many people immediately imagine worst-case scenarios. Break the habit of ruminating on bad outcomes by focusing on what you can control.



Spend time doing an activity you enjoy

Get involved in issues that are meaningful to you. Consider advocacy and some type of community involvement.



Connect with others

Engage with supportive friends and allies. Talk about current issues if needed but be aware of when you're feeling overwhelmed.



Unplug for a while

If following the news, etc. is causing you stress, limit your media consumption. Permit yourself to take a break. Consider activities such as being in nature, engaging in art projects, or listening to music.



Be present

Recognize your feelings and reactions. Permit yourself to feel the way you do. Although avoiding can be useful at times, ignoring strong emotions can have a negative impact.



Refuel

Don't forget to take care of yourself before, during, and after the election. Take deep breaths, drink water, get plenty of rest, practice mindfulness, and try to eat nutritious meals. Watch your caffeine intake.



Move your body

Moving helps us release the energy we experience when we feel stressed. Move a little every day. Stretch. Take a walk. Go outside and into nature.



Try to be non-judgmental

We're all different and need different things to self-soothe.



Practice positive psychology

Despite all of the negativity in the election, try to find some balance. Seek out positive stories and news. It's an important reminder of the positive things in life and the strength of the human spirit. Practice gratitude for the things and the people in your life you feel thankful for.



Reach out for support

Appointments with UHS mental health counselors are available for UC Berkeley students.

For more information about election-related stress, visit uhs.berkeley.edu/electionsupport