

# How to Manage Election and Political Stress



UHS recognizes that the current political climate can be particularly difficult for many individuals on campus. Those who identify with historically marginalized communities may feel the weight of these challenges most acutely. We are committed to enhancing the mental health and well-being of the UC Berkeley community while creating opportunities to practice empathy and compassion toward one another. Below are some suggestions for how to manage election and political stress.



## 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.



## Refuel

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



## Spend time doing an activity you enjoy

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



## Move your body

Exercise allows us to release the energy we feel during stressful times. Try to move a little each day: stretch, take a walk, or go outside and soak up some sun.



## Connect with others

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



## Try to be non-judgmental

We're all different and need different things to self-soothe. Try not to judge your needs or the needs of others.



## 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.



## Practice positive psychology

Look for positive stories and news. They serve as an important reminder of the good things in life and the strength of the human spirit. Practice gratitude for the people and things in your life that you are thankful for.



## 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.



## Reach out for support

Free mental health appointments are available at UHS for all UC Berkeley students regardless of insurance.

For more information about election and political stress, visit [uhs.berkeley.edu/electionstress](https://uhs.berkeley.edu/electionstress)