

Coping with Election Anxiety

For many people, election season feels full of tension, nerves, conflict, and uncertainty. If you are someone who is worried about how the results will impact your life and community, it makes sense to be feeling some level of political anxiety. If you are, it's OK. There are steps you can take to support your well-being during this time.



Tune into your body

During uncertain times, it's important to pay attention to how the stress is making you feel. Sometimes, your body may show signs of stress before your mind does, so paying attention to how you're feeling physically can be a good place to start. For example, you might notice your shoulders or jaw feel tense after watching the news. Use this information to guide your actions—including where to invest your time and where you may need to take a pause.



Make time for activities that sustain you

Caring for yourself is one of the most important things you can do during unpredictable events. Focus on activities that help you feel cared for. Simple acts of self-care might seem basic, but they play a powerful role in lowering stress and building resilience. Ongoing stress can harm your health long after the political season has subsided. Engaging in activities that nourish and sustain you is essential, now and for your future.





Activities that help



Get some sleep



Call or text a loved one



Eat a nutritious meal you love



Listen to your favorite song



Spend time outside



Move away from unhelpful conversations



Move your body



Anything else that helps you feel good and relax



Focus on what you can control

It's difficult when something that impacts your life feels big and beyond your control. One way to support yourself when you're feeling this way is to shift your attention to the small ways you **can** make an impact. What is one thing you can do today to support the causes you care about? Activities like voting and making donations are important, but they aren't the only way to get involved. You can volunteer, engage with local campaign initiatives, or connect with your community too. This can give you a sense of control over your day-to-day well-being and help you remember that you can make a difference.



Remember: even if you can't vote, you can still participate in local efforts, like volunteering.



Only react to what you know for sure, right now

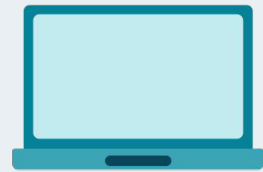
Sometimes worrying about the future can grow into something bigger, like catastrophizing—or only imagining the worst possible outcomes. Although it's common to get caught up in anxiety from time to time, it's important to notice when unhelpful thoughts or worries might be making things worse. Instead of dwelling on what ifs, try to redirect your attention to something that feels true and helpful right now, like: *“I really care about the outcome of this election. It makes sense that I'm feeling worried right now. What can I focus on at this moment to help me move through the day?”*



Take a media break

While it may be important to stay connected to the news during this time, it's important to manage how much media you're consuming. If you notice that your mood feels worse after checking the news, consider:

- setting a time-limit on your media intake
- giving yourself a news curfew at night
- reading the news instead of watching videos
- being mindful of how you engage with online discourse



Give yourself grace

When you're stressed, you may not be able to show up for everything at full capacity like you're used to. You might find it difficult to concentrate, remember things, or be as patient with others as you're used to. It's common to feel more tired, irritable, and have a harder time making decisions. If that's the case for you, try to meet that struggle with kindness, rather than judgment.





Reach out for support

Mental health is similar to physical health. Struggling with one or the other in small quantities may be manageable—especially when it improves over time. But, if it impacts your day-to-day life and starts to feel like too much, consider reaching out to a mental health professional through your Lyra benefit. They can work with you to navigate your feelings and find a way forward.



Elections can be stressful, but Lyra can help.

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