

Managing your mental health during an election cycle

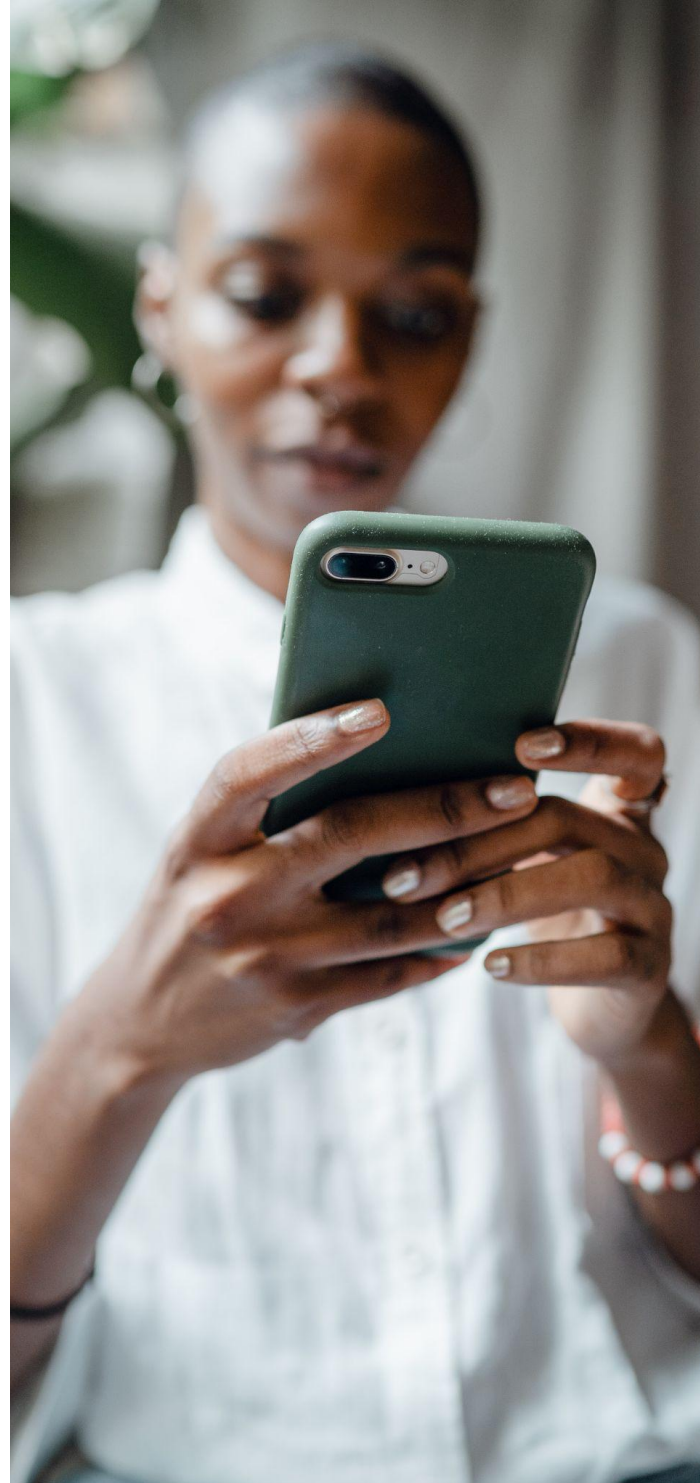
Elections can be stressful. Conversations often focus on topics we care deeply about. So many emotions can come up—including anxiety, anger, fear, and worry.

Spring Health is here to support your well-being during this election cycle, with ways to feel better, reminders for good self care, and practices for productive conversations with loved ones.

Prioritize your well-being

Your thoughts create your feelings. Keeping this in mind can help you manage emotional turmoil. **Here are five more ways to feel better:**

- **Think about what you can control.** Identify events and actions that you can control at this moment, such as exercising your right to vote.
- **Focus on the present moment.** Overthinking what will happen after the election can increase anger, worry, and fear.
- **Consider physical movement.** Engaging in activities that release endorphins can make you feel good physically and emotionally, and also be a healthy distraction from your thoughts.
- **Practice good self care.** Identify interests you can pursue that help you feel like you have accomplished something positive.



Elections can **evoke a range of emotions from joy to sadness**. Add in the stress of the recent events of violence, political tensions and financial concerns, and many Americans are feeling extra on edge.

Set boundaries with family and friends

When the election comes up in conversation with family or friends, it can quickly become heated—especially if you have opposite views. Setting boundaries can protect your mental health, your energy, and your relationships.

Here are five ways to do this:

- **Take a break from social media.**
 - Let your close friends and family members know that you're taking a break from social media until after the election, and they can reach you by your preferred method.
- **Communicate your boundaries.**
 - Let close friends and family know you're taking a break from talking about the election in real life as well.
- **Find common ground.**
 - Plan for lighter conversation around topics of shared common interests.
- **Remove yourself, if needed.**
 - Have a plan for excusing yourself if the conversation goes in a direction you're uncomfortable with.
- **Helpful phrases for these situations:**
 - "It seems like we're going to disagree about this right now. I wonder if we can talk about something else?"
 - "I'd love to move our conversation to a different topic. How are things with your new job?"
 - "I know we both feel really strongly about this. I wonder if it might be better to discuss something more neutral? Have you read any good books lately?"



Self care adds up.

You may not feel better immediately, but it's an investment over time. Choose one of these self-care practices to try this week.

Move your body

Intense feelings, especially anxiety, are like built up energy. When we exercise, chemicals are released that help reduce the intensity of our feelings.

Engage in mindfulness activities

Take a walk, read, listen to music, cook, or journal.

Commit to taking time each day to unplug

Limit your exposure to social media and news, or consider staying off both until after the election. Also, setting a dedicated time every day to relax can help you recharge and protect your mental health.

Disengage from heated conversations

If you see signs of a conversation becoming heated, be prepared to talk about other exciting events in your life and the lives of others.

Engage with family and friends in fun activities

Plan events and explore something new, watch a new movie, and work on building relationships with healthy boundaries.



If you're still feeling election anxiety and would like more support, Spring Health is here for you.

A therapist or coach can help you find ways to communicate effectively, set boundaries, or help you process your feelings.

[Sign in](#) to book a session or speak to a Care Navigator to figure out the right support for you.