

Managing Emotions After Election Results:

Strategies for Mental Well-Being and Respectful Engagement

Election results can stir up a wide range of emotions—joy, relief, disappointment, or even anger. Whether your candidate wins or loses, it's important to deal with these feelings in a healthy way. [Here's how you can do this:](#)



Acknowledge your feelings

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It's normal to feel strong emotions after an election. Whether you're excited or upset, it's important to understand how you feel. Don't try to hide your emotions—this can cause more stress or worry. Take a moment to reflect on how you feel, and remember, there's no need to judge yourself for it.

Practice mindfulness

Mindfulness means paying attention to what's happening right now. Simple things like deep breathing, meditation, or focusing on your surroundings can help calm your mind. Mindfulness helps you stay in control of your emotions and keeps you from reacting too quickly when you're upset.

Take a break from social media

Social media can be draining, especially after an election when it's filled with arguments and negative posts. If you feel overwhelmed, it's a good idea to take a break. Instead of scrolling, try doing something that lifts your mood—like spending time with friends, exercising, or diving into a favorite hobby.

Have respectful conversations

When discussing election results, approach conversations with kindness and respect. Keep in mind that others might share similar feelings, even if they backed a different candidate. Listen, stay open-minded, and remember—it's okay to disagree, but do so without being rude or hurtful.

Get involved in your community

If your candidate doesn't win, channel that energy into something positive by giving back to your community. Consider volunteering, joining a cause, or supporting an issue you're passionate about. Taking action can lift your spirits and give you a renewed sense of purpose.

Ask for help if you need it. If the election results are making you feel anxious or upset, it's okay to reach out. Talk to a friend, family member, or a Spring Health provider. Sharing your feelings can help you feel better and give you a new perspective. [Sign in or sign up today.](#)