



# Dealing with Election-Related Stress

Over 70% of Americans are reporting stress related to the upcoming election according to a survey from the American Psychological Association. Many have found this election process to be very emotionally challenging. Uncertainty and feeling out of control are challenging experiences; it takes a great deal of practice to foster the vulnerability needed to sit with discomfort. It can be helpful to remind yourself of previous times you've faced something unknown and made it through.

There are ways to combat stress. Below are some tips to help if you are experiencing election stress.

1. **Commit to safety when voting.** Maintain 6' of distance in line, wear your mask, spend as short a time inside as necessary and use hand sanitizer when finished.
2. **If you vote in Adair County and are currently in quarantine or isolation due to COVID, you can still vote through a drive-up voting station at the Adair County fairgrounds.** You won't need to leave your car. Wear a mask to protect yourself and the election officials. If you vote in another county, check that county's circuit clerk office or health department to see if they offer the same opportunity.
3. **Stick to your routine.** Keeping your regular schedule of activities and taking care of your usual responsibilities help you maintain a sense of normalcy. Withdrawing from others can contribute to you feeling lonely.
4. **Mentally plan for delayed results.** Distractions are a wonderful way to manage stress think about doing something you enjoy to take your mind off the results.
5. **Manage your expectations and plan to remain hopeful despite any results that are disappointing.** Consider things that you can identify feeling grateful for and work to engage with them.
6. **Double-down on stress-reducing habits, starting now.** Eat healthy, get enough sleep, and stay active.
7. **Unplug from electronics and avoid doom scrolling.** Constantly checking news feeds or other social media can increase your tensions. You can set aside specific times to check news and social media. While unplugged, use that time to talk with friends, listen to music, do something kind for someone else.
8. **Limit substance use.** Drinking or partying may help you feel better in the short run, but will leave you feeling lower afterwards.
9. **Limit political debate and argument.** Though as good citizens we stay engaged in the political process, if it is stressing you out, take a break.
10. **Engage in physical activity.** Taking a walk outside or doing yoga inside are good ways to reduce stress.
11. **Spend time with supportive friends and family.** Being with people who care about you can help you feel safe and protected.
12. **If you are still feeling down or despairing, contact a counselor or healthcare provider.** If you are feeling like you need immediate help, text "start" to 741-741. If you are feeling as if you or someone you know is in immediate danger of self-harm, call 911 or go to your nearest emergency room.