

## **Managing Political Uncertainty**

An individual can have various emotions and thoughts regarding political uncertainty which can impact various areas of a student's life including relationships with friends/family/classmates/romantic partner(s), work and school via decrease concentration and focus, and overall mental health. Below are some suggested tips to help you manage this uncertainty.

- **Set boundaries**
  - Take mental and conversation breaks from politics (e.g., contemplate all the things you're grateful for that day, talk about your non-political interests).
  - It's ok to walk away from an overly heated conversation that doesn't feel productive or meaningful.
- **Practice self-care**
  - Incorporate activities into your daily life that help to make you feel good and recharged (i.e. read a good book, watch a funny tv show/movie, go for a walk/exercise, play a video game).
  - Try mindfulness meditation.
- **Unplug from social media**
  - Limit your exposure to political news and social media (e.g., 30 minutes a day).
  - Unsubscribe/unfollow/deactivate from social media. Try this out for two weeks and see how much time you have back in your life!
- **Create a daily routine**
  - Establish a consistent sleep/wake cycle (i.e. going to bed and waking up about the same time each day). 7-10 hours of sleep a day is the recommendation for college students.
  - Eat/make healthier food choices (i.e. making sure to incorporate enough vegetables, fruits and protein). Drink plenty of water and try to limit caffeine.
- **Connect with those who are supportive**
  - Engage with supportive friends and/or allies.
  - Participate in a campus organization, student group, intramurals and/or attend a sporting event.

**References:**

Brandeis University – Coping with Election

Stress: <https://www.brandeis.edu/health/promotion/resources/articles/election-stress.html>

Crisis Text Line: <https://www.crisistextline.org/topics/election-stress/#share-these-tips-with-your-community-3>

UC Berkley – Coping with Election Stress: <https://uhs.berkeley.edu/health-promotion/health-topics/stress-management/election-stress>

University of California, Irvine: 7 Tips for Coping with Election

Stress: <https://counseling.uci.edu/resources/virtual-resources/5343-2/>

University of West Florida – Election Stress Toolkit: <https://uwf.edu/academic-engagement-and-student-affairs/departments/counseling-and-psychological-services/self-help-library/election-stress-toolkit/>