



American Psychological Association (APA)
Offers Advice on



HOW TO HANDLE ELECTION STRESS



GILLINGS SCHOOL OF
GLOBAL PUBLIC HEALTH



How to Handle Election Stress

01.

UNCERTAINTY IS FREQUENTLY STRESSFUL, AND SOME PEOPLE ARE BETTER AT DEALING WITH UNCERTAINTY THAN OTHERS. THE ELECTION, THE GLOBAL PANDEMIC AND SOCIAL UNREST ARE ALL ADDING TO A SENSE OF UNCERTAINTY IN OUR LIVES..



Avoid dwelling on things you can't control.



When uncertainty strikes, many people immediately imagine worst-case scenarios.



Break the habit of ruminating on bad outcomes.

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02.

FOCUS ON WHAT YOU CAN CONTROL.

If following the news, watching the debates or scrolling through social media is causing you stress, limit your media consumption. Give yourself permission to take a break from the news.

03.

ENGAGE IN MEANINGFUL ACTIVITIES.

Rather than fixating on news coverage, find an activity that you really enjoy and spend time doing it. Get involved in issues that are meaningful to you. By making a plan on how you will vote, for example — in person, by mail or as part of early voting — you are more likely to follow through.

04.

STAY SOCIALLY CONNECTED.

Go for a walk or spend time with friends and family. Research shows that people who have at least one or two friends or family members to turn to for emotional support during stressful times tend to cope better than people who don't have such support.

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05. STAY ACTIVE.

Moving helps us release the energy we experience when we feel stressed.

06. ENGAGE IN MEANINGFUL ACTIVITIES.

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07. REALIZE THAT WE MIGHT NOT KNOW WHO WON THE ELECTION ON ELECTION DAY.

If you think this will raise your anxiety, keep busy with things that you enjoy and stay connected to social support so that you aren't continually checking for what could be viewed as “bad” news.