Mindfully limit your media exposure

24/7 connection to media can negatively impact our mental health, especially as negative campaigning and frequent news alerts can heighten stress. Stay informed, but take digital breaks to take care of yourself.

Find What's in Your Control & Be Productive

- Make a specific plan for when, where, and how you'll vote.
- Participate in ways that feel helpful. If you can't alter your focus from the election and the political events occurring, use that focus for good and consider volunteering and make a difference in your community.
- Know when it's time to focus on something else. Finding balance is important.
- When uncertainty is present, be sure to maintain your routine. Do things that give you a sense of control. Clean your room, organize your space. Focus on tasks that make you feel useful and make time to do those things you enjoy, take breaks, exercise, go for a walk, and spend time with friends/family.

Regularly Use Stress Management Techniques

- Set a reminder on your phone to schedule relaxation breathing breaks throughout your day. Tense? Take 20 slow deep breaths. While you breathe, focus on breathing in calm and relaxation, breathing out stress and worry.
- If you notice worry present, work to calmly review the facts of the situation rather than predicting the future.
- Read and repeat positive and reassuring statements (i.e. "I am safe. I am calm. I can focus on other things.")
- Spend time being creative. Create a mood lifting playlist of favorite songs. Create a photo album of loved images of family/friends or places you’ve been or are looking forward to going in the future. Draw, paint, color, take photos, build something, and/or play music. Express yourself.
- If you notice stress and tension in your muscles, take time to stretch and move.
- Download stress management apps like: Headspace, Calm, Insight Timer, etc. to practice relaxation and breathe.

Connect With Others & Something Larger Than Yourself

- While meaningful conversation and debate can be energizing, know your support system and what your needs are. Be intentional about who you spend time with and the topics that may be most helpful to discuss and when. Know you're not alone and find those you can connect with.
- Connecting with something bigger can help you maintain perspective and improve your emotional health. Connect with a spiritual or religious practice, spend time in nature, spend time with children or animals, check in with a mentor, enjoy art (i.e. music, a theater performance, visit an art gallery), etc.

For Professional Support & Additional Resources:

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