

## Election Calm: Essential Steps to Ease Anxiety

### 1. **Stay Informed, But Set Limits**

Designate specific times to check news updates and stick to them.

Consider using reliable news sources and avoid excessive exposure to social media.

### 2. **Practice Mindfulness Techniques**

Engage in regular breathing exercises or meditation.

Use mindfulness apps or attend virtual mindfulness sessions to help stay focused.

### 3. **Create a Routine**

Maintain a consistent daily schedule to provide structure.

Include activities you enjoy that bring you peace and relaxation.

### 4. **Connect with Supportive People**

Reach out to friends or family members to share your thoughts.

Join support groups or online communities where you can discuss your concerns.

### 5. **Focus on What You Can Control**

Engage in actions like volunteering or supporting causes that align with your values.

Make sure you're prepared to vote and understand how you can do so.

### 6. **Take Breaks from Election Discussions**

Temporarily pause from discussing politics if it becomes overwhelming.

Engage in activities that distract and uplift you, such as hobbies or exercise.

### 7. **Seek Professional Help if Needed**

Consider speaking to a therapist if anxiety becomes unmanageable.

Many professionals offer virtual sessions to make this process easier.

### 8. **Prioritize Self-Care**

Ensure you're getting enough sleep, eating healthily, and exercising.

Incorporate relaxation practices like reading, music, or art.