

# 5 WAYS TO COPE WITH ELECTION STRESS



Tips for Practicing Self-Care  
During the Election

## **Make connection a priority**

Engage in dialogues that feel constructive. Step away from conversations which feel divisive.

## **Maintain your normal routine**

Discover ways that support your regular routine and engage in activities that provide balance in your life.

## **Practice self-compassion**

Acknowledge your fears, anxieties or concerns- it's ok not to be ok. Feel what you feel. And allow others to do the same without judging your personal experience or others.

## **Choose empowering actions**

Your actions have impact. Empower yourself through voting: helping others vote, ensure fair elections, fight voter suppression, contribute to fact checking and identify misinformation.

## **Unplug**

Limit your intake of news and time spent on social media. If you find yourself feeling anxious or distressed, limit your consumption and seek connection with others instead.

**Counseling & Psychological Services (CAPS)**

<https://vaden.stanford.edu/caps>

**Well-Being at Stanford**

<https://vaden.stanford.edu/well-being>

**Centers for Equity, Community & Leadership**

<https://studentaffairs.stanford.edu/about-ecl>

**Office for Religious & Spiritual Life**

<https://orsl.stanford.edu/>

