

# Coping with Election-Related Stress and Uncertainty

JOHNS HOPKINS  
UNIVERSITY & MEDICINE



Stress leading up to and following an election can be intense and emotionally draining. Being proactive and mindful about managing stress can make a big difference in navigating this challenging time. Here are some tips to help you stay involved while attending to your own well-being.

**Limit News and Social Media.** Constant updates can amplify stress. Set boundaries on how often you check the news or your social media. Try a couple of check-ins at specific times, rather than continuous scrolling.

**Focus on What You Can Control.** Voting, volunteering, or contributing in other ways can help channel energy productively. Once you've done your part, try to let go of things beyond your control, like poll outcomes or other people's opinions.

**Set Aside "Worry Time."** If you feel the need to think about the election, designate a specific time in your day to do so. This can prevent it from spilling into every moment and help you manage your thoughts around it.

**Engage in Restorative Activities.** Having go-to activities like meditation, yoga, exercise, or hobbies you enjoy can be grounding and distracting, giving your mind a break from the tension.

**Connect with Supportive People.** Talking with friends or household members who understand your feelings can be comforting. Avoid debates if they're stressful; instead, look for connections that reinforce stability and support.

**Avoid Catastrophizing.** It's easy to imagine worst-case scenarios, but these thoughts can intensify anxiety. Instead, remind yourself that whatever happens, people have found ways to cope, adapt, and support each other.

**Focus on Self-Care.** Prioritize healthy sleep, nutrition, and exercise. The better you feel physically, the more resilient you'll feel mentally.

**Seek Professional Help if Needed.** If election anxiety feels overwhelming or interferes with daily life, talking to a mental health professional could provide support and strategies for managing it effectively.

Free and confidential to you and your household members, the Johns Hopkins Employee Assistance program (JHEAP) offers access to short-term counseling, resources, and referrals to help cope with election-related stress or any matter on your mind.

Counseling Services Request Form: [jh.eapintake.com](http://jh.eapintake.com)  
Access Line: 888-978-1262

Web: [myccaonline.com](http://myccaonline.com)  
Company Code: JHEAP

