



ELECTION CAREKIT

Taking care of yourself during an election year is important. We hope these tips give you some tools for balancing school, work, relationships, and the election this fall.

You are not alone

According to a 2024 poll by the [American Psychiatric Association](#), 73% of 2,200 adults surveyed said they're feeling anxious about the upcoming U.S. election.

You might be feeling a range of other emotions about the election (e.g., fear, helplessness, determination, numbness). All of these are valid and staying mindful about what you are feeling can help you better respond and take care of yourself.

Mindful strategies

- Schedule time for you to check in with yourself about your feelings and needs. Try [these](#) journal prompts!
- Identify the people, places, and situations that trigger anxiety/stress.
- Notice what you do when you feel anxious/stressed. What helps? What makes things worse?
- Explore new strategies and evaluate their effectiveness. Click [here](#) to explore de-stress strategies.

Coping tips



Take breaks from media consumption



Connect with nature



Focus on things you can control



Maintain sleep, eating, and movement routines



Seek support

Free relaxation apps





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Setting boundaries

There are many types of boundaries that can be helpful to consider when reducing information overload, negative interactions, and political stress.

- **Time boundaries** (e.g., how long you talk about the election with others or spend with the news)
- **Topic boundaries** (e.g., what you discuss with others in your life)
- **Social Media boundaries** (e.g. limit access to social media)
- **Place/space boundaries** (e.g., where you spend your time)
- **Internal boundaries** (e.g., how much energy and thought you devote to the election)



Click [here](#) for some helpful reminders about boundaries.

Need more ideas?

- [Emotional Wellness Toolkit \(NIH\)](#)
- [How to Cope with Election-Related Stress and Foster Your Resilience \(UC Berkeley\)](#)

Building hope

Doing things that you find meaning in and that give you hope are important for **life satisfaction and fulfillment**, particularly during uncertain times.



Consider these ideas:

- Do things that align with your values (e.g., volunteering for an organization you believe in)
- Use your strengths and skills regularly (e.g., organizing, public speaking, encouraging others)
- Connect with people (and animals!) that bring you joy
- Create a "[Be Well Game Plan](#)"

Voting Resources

- [Student Voter Information: City of East Lansing](#)
- [Student Voting Advocate Toolkit: 2024 Michigan General Election](#)
- [Election Central PBS](#)

