

# COPING *With* Election Stress

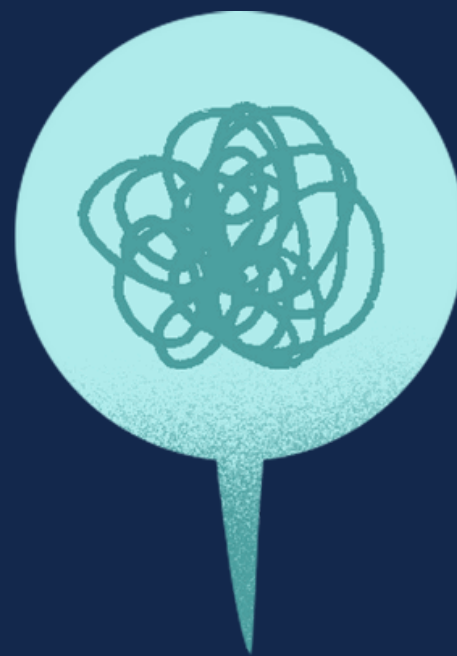
## ESTABLISH GROUNDING & COMFORTING THOUGHTS

It's important to recognize and challenge negative self-talk.



## CONTAIN THE ENVIRONMENT & CARE FOR YOURSELF

Create boundaries on your exposure and engage in self-care regardless of your mood



## STAY CONNECTED WITH PEOPLE & ORGANIZATIONS

Find like-minded social groups to process current events and find support

