



*Photo: iStock*

Americans will experience vast variation in emotional response to the 2020 Election results; from tweets of joy and celebratory smiles at the water bottle fountain; to memes of despair and disappointed eyes, peeking out from behind protective masks. Reactions may be very self-concerned or personal in nature, or could be rooted in support for a loved one or cherished cause. Regardless of where we each fall on the political spectrum or what feelings transpire in response to the results, we will all need some post-Presidential-Election recovery time.

These next few pages contain some suggestions and additional resources, to help you cope with your own political stress and fatigue.

# ★ L ★ E ★ T ★ I ★ T ★ O ★ U ★ T ★

The worst thing one can do with heavy feelings is to hold them in or ignore them. Take the emotions swirling around in your head and weighing heavy on your heart, and choose a healthy avenue to put them out into the world. You can do this by **talking** to a trusted, willing, non-biased individual or by **writing** down your thoughts and feelings as a method of emotional release.

*Not sure where to start? Here are some prompts:*

## **\*I AM FEELING...**

*happy    sad    angry    joyful    disappointed    relieved    worried*  
*encouraged    discouraged    exhausted    inspired*  
*confused    hurt    proud    uncertain    hopeful    scared*

## **...AND HERE ARE THE REASONS WHY**

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*Students are always welcome to share their individual feelings with a Mercy Counselor. Additionally, student forums and safe spaces will be provided during the school days immediately following the confirmed results of the 2020 Presidential Election.*

# REDUCE HEADLINE STRESS

Check in with yourself regarding how much post-election political content you are consuming. This may be a great time to engage in a **digital detox**. Perhaps step away from social media and the 24 hour news cycle that will no doubt be flooded with political and partisan triggers. This could be as simple as stepping away from media for a few days, or limiting yourself to 30 minutes of scrolling each day, for example.

It may also benefit you to **walk away** or excuse yourself from political conversations for a short bit of time, if you find yourself feeling overwhelmed, angry, sensitive, or not yet ready to talk about the Presidential Election. Avoid debating-instead, test out a healthy way to express how you're feeling.

Further, it would benefit our family members (our Mercy Family and our families at home) if we also took into consideration those around us, when we do choose to engage in conversations related to politics. In the upcoming days, let's be mindful about the various feelings potentially being felt all around us. Use "I statements" (rather than "You" statements), refrain from name calling, find common ground with others, ask thoughtful questions (such as: "Can you tell me more to help me understand?) and listen to understand. Let's be empathetic toward each other.

*An online Wellness Check will be sent to all students, on the morning following confirmed results of the 2020 Presidential Election. Following morning prayer that day, students will be given time in 1<sup>st</sup> hour to complete the online form. Best-fit Staff will follow up with student needs expressed in the Wellness Check.*

# MINDFULNESSES

This is the best time to begin experimenting with mindfulness practices. You could set an intention to be fully **present** for the next week—not ignoring feelings or walking through your day on autopilot. You could give **yoga** a try (Some great YouTube channels are Journey Junkie, Alo Yoga, and Cat Meffan) or explore different ways to **meditate** (On the Headspace YouTube channel, you can find free, easy meditations for so many needs!)

# GET INVOLVED

If you prefer to put your stress and worry into action, pour your passion into a cause. Couldn't vote because you're not 18 yet? Head over to [Vote.org/pledge-to-register](https://www.vote.org/pledge-to-register) to pledge your commitment to Voter Registration now. (They will even send you a text or email to remind you to register to vote when you turn 18!) Do you know what issues are important to you? Sign petitions in support of causes you connect with through organizations like [Change.org](https://www.change.org).

# MORE RESOURCES

[\\*Healing When Your Candidate Lost](#)

[\\*Political Fatigue](#)

[\\*Election Anxiety](#)

[\\*Election Day Stress](#)