

Navigating Emotions During Times of Political Unrest:

Self-Care Tips

In times of political unrest and societal tension, it's natural to feel a range of emotions, which may range from anxiety and fear to anger and sadness. While we want to be aware of current events in our nation, specifically during a political year, it can sometimes interfere with self-care. Here are some strategies to help you and your family find the crucial balance between staying updated and maintaining your mental well-being:

1. Acknowledge Your Emotions

Recognize and accept your feelings without judgment. It's okay to feel upset or overwhelmed. Talking to a trusted confidant and journaling can be a helpful way to process and understand your emotions.

2. Limit Media Consumption

While staying informed is important, constant exposure to distressing news can heighten anxiety. Designate specific times of the day to check the news, rather than constantly monitoring updates. This can help you stay informed without becoming overwhelmed. Avoid checking the news right before bed to ensure a restful night's sleep.

3. Stay Connected

Reach out to friends, family, or support groups. Sharing your thoughts and feelings with others can provide comfort and perspective. Meeting in person, virtually, or having phone calls can be great ways to stay connected.

4. Practice Mindfulness and Relaxation Techniques

Engage in activities that promote relaxation, such as meditation, deep breathing exercises, or yoga. These practices can help reduce stress and improve your overall well-being.

5. Engage in Physical Activity

Exercise is a powerful tool for managing stress. Whether it's a walk in the park, a home workout, or walk your dog, physical activity can boost your mood and energy levels.

6. Create a Routine

Having a daily routine can provide a sense of normalcy and control. Include activities that you enjoy and that make you feel productive.

7. Seek Confidential Support through Your Life Advisor Employee Assistance Program 800-448-8326

If your emotions feel overwhelming, frustrating, or uncomfortable consider speaking with a Life Advisor Counselor. Its Confidential, no cost, and offers short-term support to you and/or your immediate family. Counseling and coaching can provide valuable support and coping strategies.

8. Focus on What You Can Control

Concentrate on aspects of your life that you can control and influence. Be aware that voicing your opinion on a specific matter may not be valued by everyone around you. Therefore, focus on personal values that are true to you. This might include working on your personal goals, hobbies, or contribute positively to your community by volunteering. Be mindful that your personal opinions can create a divide in our work/life relationships and families.

9. Practice Gratitude

Take time each day to reflect on things you are grateful for. This practice can shift your focus from negative thoughts to positive ones, improving your overall outlook and relationship with yourself and others.

10. Engage in Fun and Creative Activities

Fun and creative outlets like drawing, writing, or playing music can be therapeutic. They allow you to express your emotions in a constructive way. It is difficult to be emotionally upset and filled with tension when you are having fun.

Remember, it's important to be kind to yourself and others during these continued challenging times. Taking care of your mental and emotional health is crucial, and there are many resources and strategies available to support you. Stay connected, stay informed, and prioritize your well-being.

For more information, tools, resources, or app information,
call your Life Advisor Employee Assistance Program!



**Ulliance provides no cost, confidential, short-term counseling
for you & your family.**

Call us- we're here to help **800.448.8326**