

Politics Got you Stressed?

You are not alone, 65% of Americans report experiencing stress related to politics.¹

Feeling Anxious About Political Uncertainty?

- Politics is stressful, and uncertainty is one of the main causes of political-related stress.²
 - When we don't know what is going to happen, we tend to think about the worst-case scenarios.
 - Instead, focus on what you can control, like:
 - Finding healthy ways to cope (e.g., getting 7-8 hours of sleep a night, exercising, practicing relaxation and mindfulness, taking time for you).²
 - Staying connected with friends and loved ones.^{2 & 4}

Other ways to manage political-related stress

- Limit your news consumption, including social media.^{2 & 3}
- Do things that are meaningful to you,² live your values,⁴ and get involved.⁵
- Acknowledge your feelings – feel what you feel.⁵

Bellevue College Resources

- Bellevue College's Counseling Center offers free and confidential mental health services to students. Visit our website to learn more, access resources, or to schedule an appointment.
- Drop-in crisis counseling services are available Mon-Fri from 9 am to 4 pm in U201 for students who identify as being in imminent harm to themselves or others or are in high emotional distress.



24/7 Crisis Support

If you or someone you know is experiencing a crisis, these resources can offer assistance:

- **Crisis Connections:** Free 24-hour crisis support via phone. Call 988.
- **Crisis Text Line:** Free 24-hour crisis support via text message. Text "HOME" to 741741 to get started.

1: <https://www.apa.org/news/press/releases/stress/2023/november-2023-topline-data.pdf>

2: <https://www.npr.org/sections/shots-health-news/2024/07/18/nx-s1-5041980/politics-election-anxiety-mental-health-tips>

3: <https://www.bu.edu/shs/behavioral-medicine/behavioral-resources/coping-with-socio-political-stress/>

4: https://hr.harvard.edu/files/humanresources/files/coping_with_political_stress.pdf

5: <https://www.bu.edu/shs/behavioral-medicine/behavioral-resources/coping-with-socio-political-stress/>