

Post-Election Reset: Strategies for Managing Emotions and Building Stronger Connections

This election has brought up many emotions —excitement, relief, disappointment, or maybe a mix of all three.

Now that the results are in, it's more important than ever to be kind to yourself and pay attention to how these feelings are affecting your mental health.

Whether you're feeling hopeful, uncertain, or just drained, remember that it's okay to seek support and take care of yourself.



Your Feelings Matter.

This toolkit is here to offer gentle, practical strategies to help you through the post-election period, no matter what you're feeling.



Strategies for Self-Caring for Your Own Mental Health

Check-In: How Are You Feeling?

After an election, it's normal to experience a wide range of emotions. Whether the results aligned with your hopes or left you feeling disappointed, taking a moment to reflect on your feelings is essential.

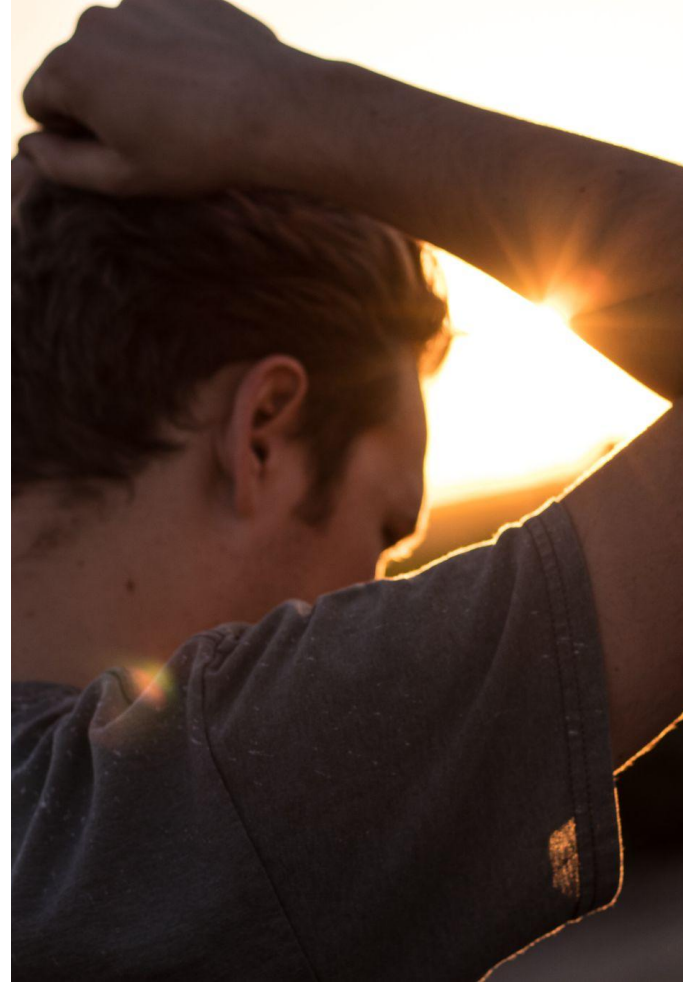
Let's check in, What Are You Feeling Right Now?

- Do you feel overwhelmed by the news or social media?**
- Are you disconnected from others due to differing political views?**
- Are you anxious about what this means for your future or community?**
- Are you feeling joy or relief but unsure how to express it?**



Remember, It's Okay to Feel...

- **Conflicted:** Even if your candidate won, you may feel uncertain about the next steps.
- **Anxious:** Worry about changes or instability is common after elections.
- **Disappointed:** If your candidate lost, feelings of sadness or frustration are natural.
- **Excited:** You might feel hopeful but also aware of the work ahead.



What To Do With Those Feelings

Name Your Feelings:

Naming emotions helps you start processing them: "I'm anxious about uncertainty," or, "I feel tension thinking about changes." You might also think, "I'm excited about some outcomes but concerned about others."

Process Those Feelings:

Allow yourself to experience emotions without judgment. Try journaling, talking to someone you trust, or practicing mindfulness.

Redirect Constructively:

Channel emotions into self-care, community involvement, or taking a mental break.

Accept and Allow:

It's okay to feel conflicted or uncertain. Give yourself permission to feel without rushing to resolve it.

If Your Candidate Lost...

Coping and Moving Forward

- **Acknowledge the Disappointment:** It's okay to feel sad or frustrated. Practice self-compassion by engaging in comforting activities like spending time with loved ones or taking a break from the media.
 - **Channel Your Energy:** Stay involved in causes that matter to you. This could mean joining local groups or supporting organizations aligned with your values.
 - **Reframe the Moment:** Remember that democracy is a long process. Even in setbacks, your voice still matters.
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How to Communicate with Others

- **Stay Respectful:** When sharing your feelings, focus on how the results affect you rather than blaming or attacking others.
 - **Offer Understanding:** Acknowledge others' emotions, and listen without judgment.
 - **Example:** "I'm feeling disappointed right now, but I want to focus on how I can stay involved and move forward."
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What To Do With Those Feelings

- **Engage in Advocacy:** Direct your frustration into positive action. Look for ways to volunteer, donate, or work with organizations that reflect your values.
- **Take a Break:** If you feel overwhelmed, step back from political discussions and focus on self-care.
- **Connect with Others:** Seek support from friends, family, or groups who share your values and can help you process your feelings.

If Your Candidate Won...

Coping and Moving Forward

- **Celebrate Mindfully:** It's natural to feel validated but consider those who may feel disappointed. Celebrate with grace and sensitivity.
 - **Gratitude and Groundedness:** Recognize the win but stay focused on what still needs to be addressed. No single election solves everything.
 - **Stay Engaged:** Continue supporting your values through community efforts and respectful dialogue.
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How to Communicate with Others

- **Be Sensitive:** Avoid gloating. Show empathy and be open to constructive conversations about the future.
 - **Encourage Dialogue:** Engage in conversations that promote understanding and seek common ground.
 - **Example:** "I'm happy with the outcome but mindful of how others might be feeling. I'm focusing on how we can move forward together."
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What To Do With Those Feelings

- **Stay Engaged:** Use your energy to stay active in political conversations and community efforts.
- **Share Gratitude:** Reflect on the positive changes you hope to see, and write them down to help stay grounded.
- **Support Unity:** Encourage unity by reaching out to others, especially those with differing views, to foster respectful dialogue.

Navigating Work & Relationships Post-Election

Post-election dynamics can create tension, especially when opinions vary widely across your workplace or social circles.

How you navigate these relationships can significantly impact your mental well-being and your relationships. Here are some strategies that can help:

Post-Election Behavior as a Colleague

- **Check-In with Yourself:** Reflect on how your emotions are impacting your behavior at work. Are you more withdrawn, reactive, or distracted?
- **Create Psychological Safety:** Create a supportive work environment by being respectful of colleagues' differing opinions and experiences.
- **Support Co-Workers:** Ask open-ended questions that invite colleagues to share their feelings without judgment.

What Is Your Behavior as a Colleague?

- **Are You Over-Sharing?:** Be mindful of how much you share about your own political views, especially in a mixed group.
- **Model Empathy:** Lead by example by showing empathy and listening to colleagues, regardless of their stance.
- **Foster Positive Dialogue:** Encourage conversations that promote collaboration rather than division. Avoid politically charged comments that could alienate others.



What To Do With Those Feelings

Self-Regulate:

If political tensions feel overwhelming, take breaks and practice mindfulness to stay grounded.

Be Respectful in Conversations:

If political differences come up, maintain professionalism by focusing on shared goals rather than divisive topics.

Establish Conversational Boundaries:

Politely set limits if discussions become uncomfortable. You might say, "Let's focus on work-related topics" or "I'd prefer not to discuss politics right now."

Post-Election Behavior with Family & Loved Ones

Political discussions can be highly personal, especially with friends, family, or partners who hold differing views. These moments, however, can provide an opportunity for deeper understanding if approached with care and empathy.

Here are some strategies for navigating these conversations:

- **Set Boundaries:** Political discussions can create tension. It's okay to step away or set limits on what you're comfortable discussing.
- **Seek Understanding:** Focus on understanding others' perspectives rather than persuading them to see things your way.
- **Take Breaks:** If emotions run high, take a pause and revisit the conversation later.

How to Communicate

Respect Boundaries: Suggest changing the topic if a conversation becomes unproductive or tense.

Agree to Disagree: Not all conversations need to end in agreement. Focus on common ground.

- *Example: "I respect that we have different views, but I'd like to focus on what unites us."*

Showcase Empathy: Remember, you show compassion and understanding to how someone feels, even if you don't agree with their point of view.

- *Example: "I understand why you feel that way, even though our views on this topic are different."*