



COPING WITH ELECTION OUTCOMES

If you've been through an election before, you know the emotional rollercoaster that follows any election, where feelings of disappointment, anger, and fear can be overwhelming.

And let's be real ... we've been on that roller coaster for months now.

It's exhausting.

Whether your preferred candidates win or lose, the aftermath can stir intense emotions that affect our well-being and relationships. Here's how we can navigate these turbulent waters with resilience and kindness.

ACKNOWLEDGING AND VALIDATING OUR EMOTIONS

First and foremost, it's crucial to acknowledge and validate our emotions. Feeling disappointed, angry, or fearful is a natural response to an election outcome that may impact our lives deeply.

Allow yourself to feel these emotions without judgment — they are valid and part of the human experience.

How you feel matters. Don't minimize it.

SEEKING SUPPORT

During times of heightened distress, especially when things can feel out of our control, seeking support from friends, family, or a mental health professional can provide much-needed comfort and perspective. Talking through your feelings with someone who listens empathetically can help process emotions constructively and prevent feelings of isolation.

This is probably not the time to get into it with someone who is happy about the outcome. There will be time for those conversations later but if you're in the thick of your emotions, give yourself some time to ride these feelings out.

CHANNELING EMOTIONS INTO ACTION

Transforming negative emotions into positive action can empower us and provide a sense of purpose. Whether it's volunteering for causes we believe in, participating in community initiatives, or advocating for policy changes, taking proactive steps can turn feelings of helplessness into meaningful contributions.

We call this empowered acceptance: We accept what is AND we do something about it. Standing by on

the sidelines will not ameliorate your anxiety. Taking action will.

PRACTICING EMPATHY AND KINDNESS

Regardless of our personal feelings about the election outcome, it's essential to approach others with empathy and kindness. Understand that individuals may have different perspectives and reactions based on their own experiences and beliefs.

If you're unhappy with the results, think about how you can graciously take the higher road. How will you use this outcome to motivate you rather than defeat you?

Let the loss propel you forward rather than pull you down.

CELEBRATING WITH GRACE

If the election results align with your hopes and beliefs, celebrating responsibly and with compassion is equally important. Recognize that others may not share your sentiments and be mindful of their emotions.

Avoid gloating or dismissing opposing views — instead, celebrate inclusively and invite constructive dialogue.

LET THE RESULTS FOSTER YOUR RESILIENCE

No matter the outcome, we have an opportunity to embrace optimism. We can trust in the democratic process to guide our collective future positively and we can be a part of moving that needle in the right direction.

Even though you may feel small, you do matter.

Start by acknowledging your emotions, seeking support when needed, and channeling your energies into constructive actions.

Let's remember to be kind to ourselves and others, fostering understanding and unity even in times of political division. We need it more than ever.

