

TIPS TO MAINTAIN CONNECTION THROUGH THE ELECTION

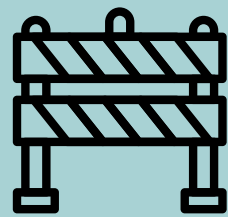
7 out of 10 Americans report experiencing significant stress from the election. As we face extreme polarization, this stress is unlikely to relent after the election. Here are a few impactful ways to maintain connections with those who have different views in this polarized time.

1. SEE THE PERSON, NOT THE LABEL

Think of someone in your life that holds different political views than you do. Then think of details that define them outside of politics. “good baker”, “dog lover”, “cool style” Focusing on their unique qualities helps bridge connections in the face of differences and develop connections.

2. ESTABLISH BOUNDARIES

Identify your limits and prepare ways to effectively communicate your needs. Avoid hard conversations when you are tired or on edge. In turn, respect others boundaries.

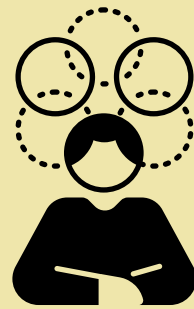


3. LEAD WITH CURIOSITY

When engaging with others, use active listening - listening to understand. Ask questions out of curiosity, rather than change minds or “win” an argument. Be aware of body language and summarize to ensure understanding.

4. FIND SHARED IDENTITIES

Notice identities you share with someone who has different political views than you. Remembering these shared connections encourages empathy and understanding.



5. LIMIT NEWS INTAKE

At this point, election news is everywhere. Consider taking a social media and TV break. Finding healthy ways to cope like taking a walk, spending time with friends, or taking up a new hobby!

6. GET ENGAGED!

Feeling a lack of control over the outcome of the election can be curbed by engaging with the process. Consider ways to build political efficacy like voting, campaigning, or community organization. Research shows that engaging in causes you value positively impacts well-being.

7. KNOW WHEN TO WALK AWAY

If you are uncomfortable in a conversation, things get too heated, or are feeling emotionally unsafe, remember you can walk away. Reach out to a friend, go for a walk, or seek support. Professional and confidential help is available via Campbell Counseling Services.