

COPING WITH ELECTION STRESS

NAVIGATING DIFFICULT CONVERSATIONS

STAY MINDFUL

- Be aware of what feelings are coming up for you during the conversation.
- Ask yourself:
 - Are they respecting my point of view?
 - Do I feel they are listening?
 - What is my goal in this conversation?

SET BOUNDARIES

- Set boundaries about what topics you do not want to discuss.
- It's okay to say:
 - "I prefer to not talk about that"
 - "This conversation is making me feel uncomfortable"
 - "Can we change the subject? I'm not feeling good about this conversation"
- It's okay to walk away from conversations that don't feel productive.

STAY CURIOUS

- Ask questions to learn about the other person's point of view.
- Ask yourself:
 - What makes this person think differently than me?
 - Are there any cultural factors impacting their feelings?
- Strive for empathy to help create understanding.

BE PREPARED

- Know what you are going to say and how you are going to say.
- Anticipate some of your responses to certain topics.
- Practice how you will advocate for your needs and boundaries.

STAY CALM

- Make a plan for yourself on how you will stay calm and grounded.
- Be aware of what are the triggering points for you.
- Practice deep breathing and grounding techniques.

Learning to navigate difficult conversations helps create a safe environment, fosters growth, and promotes self-care.



Adapted from the UCI's 7 Tips for Coping with Election Stress.