



Struggling With the News?

Coping with National and Local Politics & News



The stress of following daily political news can negatively impact mental health and well-being, but don't fear! There are ways to protect your mental health, and strategies to help ensure you can navigate these understandably challenging emotions.

5 tips from the National Council for Mental Well-being:

[Learn more here!](#)

Unplug.

Take
Action.

Practice
Self-care.

Excuse
Yourself.

Be
Open.

A few more tips!

[Learn more here!](#)

Control what you can.

Stay in the moment.

Create a support system.

40%

of Crisis Text Line texters discussed anxiety on Election Day 2020

In other words, you are not alone!
Text BC2M to 741741 for support.

Check out "Politics without Panic" through your Headspace subscription!

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