

Identifying Elections Anxiety Triggers

Understanding what triggers your election anxiety is a crucial step toward managing it effectively. An election anxiety trigger is any situation, event, or thought related to the election that initiates feelings of anxiety. These triggers can be external, such as consuming certain news reports, engaging in political discussions, or seeing social media posts about the election. They can also be internal, such as specific thoughts about the future or memories of past elections.

Identifying your election anxiety triggers involves paying close attention to the situations that make you feel anxious, as well as the physical symptoms, thoughts, and emotions that accompany these situations. **By becoming aware of your triggers, you can anticipate and prepare for them, reducing their impact on your life.** This worksheet will guide you through the process of identifying and analyzing your election anxiety triggers and help you develop strategies to cope with them during the election season.

PART 1: Identify Triggers

List a situation where you commonly feel anxious about the elections and describe the associated physical symptoms, thoughts, and emotions.

Situation Description

Location

People Involved

Before

After

1 What were you feeling physically?

1 What were you feeling physically?

2 What were you thinking about?

2 What thoughts did you have?

3 How did you feel emotionally?

3 How did you feel emotionally?



Identifying Elections Anxiety Triggers

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically? 	1 What were you feeling physically? 	
2 What were you thinking about? 	2 What thoughts did you have? 	
3 How did you feel emotionally? 	3 How did you feel emotionally? 	

Situation Description	Location	People Involved
Before		After
1 What were you feeling physically? 	1 What were you feeling physically? 	
2 What were you thinking about? 	2 What thoughts did you have? 	
3 How did you feel emotionally? 	3 How did you feel emotionally? 	



PART 2: Identify Patterns & Exploring the Impact

Look for patterns in the situations or thoughts that trigger your election anxiety. Recognizing these patterns will help you anticipate when anxiety might arise and prepare yourself to manage it more effectively.

Are there common themes, people, or situations where you feel anxious about the elections?

Are there any early warning signs or cues that help you recognize when you're being triggered?

Are there specific thoughts or beliefs that frequently occur with your election anxiety?

How do your election anxiety triggers affect your behavior or decision-making?



What changes or adjustments could you make in your daily routine to reduce exposure to common triggers?

How can you reframe or challenge negative thoughts associated with your anxiety triggers?

PART 3: Develop Coping Strategies

Learn coping strategies that can help you manage anxiety in challenging situations.
To learn more about coping skills you can use, scan the QR code below.

- Take some deep breaths. Try to inhale through your nose for a count of 4, hold your breath for a count of 7, and then exhale slowly through your mouth for a count of 8. Repeat 5 times.
- Ground yourself with the 5-4-3-2-1 method. Identify 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.
- Ask yourself if your fears are based on facts or assumptions. Look for evidence that supports or contradicts these thoughts, and consider more balanced, realistic perspectives.
- Treat yourself with the same kindness and understanding you would offer a friend.

- Keep a journal to document your anxious thoughts. Writing them down can help you analyze and understand their patterns and triggers, making it easier to manage them over time.
- Gradually tense and then relax different muscle groups in your body, from head to toe, to release physical tension and promote relaxation.
- Use positive affirmations to counter anxious thoughts and affirm your ability to handle challenges.
- Create a list of your strengths, skills, and past achievements. Review this list whenever anxiety arises to remind yourself of your abilities and successes.





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



300+
Companies Reviewed



2,350+
Hours of Firsthand Experience



1,150+
Data Points Analyzed



[Best Online Therapy](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

