

# Coping with Election Stress: An NASW-CA Toolkit

“You are a light. You are the light. Never let anyone—any person or any force—dampen, dim or diminish your light. [...] Choose confrontation wisely, but when it is your time don't be afraid to stand up, speak up, and speak out against injustice.”

- John Lewis



We are living through uncertain times due to the 2024 election, and this may generate feelings of stress or anxiety for us and for the clients we serve. **NASW-CA has put together this toolkit to act as a resource guide for social workers in helping their clients, communities, and themselves, cope with the election.** We hope these resources help you to build a support network, prioritize self care, and practice empathy in these unpredictable environments.

## Tips for discussing the election with your clients.

- [Johnson and Neupert \(2023\)](#) found that future-oriented tactics, such as anticipatory coping, may play a protective role in managing the physical consequences of election-related stress.
- It is important to support clients in their election stress while maintaining neutrality and empathy. [Psychology Today](#)
- Supporting clients during this time may include handling political disagreements and decision fatigue. [Tava Health](#)

## Practicing self-care and building community, for yourself and your clients.

- Crisis text line: Text ELECTION to 741741 for support on coping with the election
- How to build a care toolkit for yourself and your community. [Indiana University School of Medicine](#)

- Strategies for coping with election stress, from a therapist who runs a group on getting through the presidential election. [Seattle Times](#)
- 11 affirmations to help ease election anxiety. [Odyssey Online](#)
- Specific tips for managing sociopolitical stress. [Lafayette Counseling Center](#)
- Tools for self and community care, including building a positive support network. [The Better You Institute](#)

## Working with marginalized populations to cope with an uncertain future.

Depending on the results of the election, marginalized populations, such as BIPOC communities, the LGBTQIA+ community, immigrants, and others, may be dealing with a very uncertain future. These population-specific resources are meant to help members of these communities to feel less alone in grappling with any feelings they may have.

- Strategies that therapists are using to help marginalized communities cope with harmful political advertising. [Minnpost](#)
- Ideas for LGBTQIA+ youth in coping with intense emotions due to the presidential election. [The Trevor Project](#)
- California resources for the LGBTQIA+ community. [The California LGBTQ Health & Human Services Network](#)
- Handling political anxiety as a member of the LGBTQIA+ community. [It Gets Better](#)
- Strategies for Black women in protecting their mental health this election season. [Self](#)
- California resources for the Black community. [National Alliance on Mental Illness \(NAMI\)](#)
- California resources for the Asian American and Pacific Islander community. [National Alliance on Mental Illness \(NAMI\)](#)
- Tips for the Hispanic/Latinx community on facing election anxiety. [The Latin Times](#)
- California resources for the Hispanic/Latinx community. [National Alliance on Mental Illness \(NAMI\)](#)

## Understanding the relationship between mental health and reproductive rights, and tools for coping.

- How access to abortion affects mental health and well-being. [American Psychological Association](#)
- Coping with the loss of your reproductive rights. [Psychology Today](#)
- What mental health professionals need to know to protect their patients and themselves in the post-Dobbs era. [Scholars Strategy Network](#)

## Ideas for delving into other forms of political action and advocacy.

- Become active in local politics. You can learn more about the city and town government structures [here](#). Get to know the governmental structure in the city or town you live in so you can advocate for what you care about in your own community! Every vote is incredibly powerful in elections on this level.
- Consider running for a school board seat in your community. School boards make important decisions about public schools and policies that ultimately will impact a community for generations to come. [See here](#) for a list of California school districts and important information about each of them, including upcoming elections.
- Join or start a community-based advocacy organization. Build community with people who care about the same issues that you do. This can help you to form a support network as well as accumulate more voices to advocate for those causes.
- Write an op-ed about the issue(s) you care about. This can be a very effective way to influence policy decisions, and to utilize your voice as a social worker. You can find a helpful guide [here](#) about writing an op-ed as a social worker.
- Join NASW-CA's Political Action for Candidate Election (PACE) Committee, which works to elect social workers and other candidates with social work values to state and local office.
- Attend [a campaign training](#) to learn more about organizing advocacy campaigns, or about the theory behind a successful grassroots campaign. These trainings can help you build the skills to run a successful campaign.