

■ Managing Emotions & Actions in Times of Political Stress

A Faith-Based Guide for 2025

1. Acknowledge Your Emotions

It's normal to feel **anger, fear, sadness, or even hopelessness**. These are valid responses to uncertainty.

- Tip: Write down your feelings in a journal or pray them out loud.

“ Pour out your heart to him, for God is our refuge. ” – Psalm 62:8 (NLT)

2. Ground Yourself in the Present

When emotions rise, pause and use grounding strategies.

- **5-4-3-2-1 Exercise:** Notice 5 things you see, 4 things you feel, 3 things you hear, 2 things you smell, 1 thing you taste.
- **Breathing Prayer:** Inhale slowly ('Lord, give me peace'), exhale slowly ('I release my fear').

“ Be still, and know that I am God. ” – Psalm 46:10 (KJV)

3. Choose Healthy Actions

Reacting impulsively fuels stress. Acting with intention restores peace.

- Limit endless news scrolling.
- Replace venting online with constructive conversations.
- Engage in service, advocacy, or volunteering that aligns with your values.

“ Do not be overcome by evil, but overcome evil with good. ” – Romans 12:21 (NLT)

4. Anchor in Faith & Hope

Remember that God is sovereign even in uncertain times.

- Spend time in prayer and meditation.
- Read uplifting scriptures each morning.
- Surround yourself with people who share faith and encouragement.

“ The Lord is my strength and my shield; my heart trusts in him, and he helps me. ” – Psalm 28:7 (NIV)

5. Focus on What You Can Control

You may not control politics, but you **can** control your responses.

- Your vote, your prayers, your daily habits, your peace.
- Practice kindness, resilience, and wisdom in every interaction.

“ Let the peace of Christ rule in your hearts. ” – Colossians 3:15 (NIV)

6. Stay Connected

Isolation increases stress, but connection brings healing.

- Share your struggles with family, friends, or your church community.
- Join prayer groups or support circles.
- Seek professional counseling if needed.

“ As iron sharpens iron, so one person sharpens another. ” – Proverbs 27:17 (NIV)

“You are not alone in this season. Anchor yourself in God's promises, guard your mind, and walk with courage. Even in uncertain times, you can choose peace, act with love, and rest in the truth that God is in control.”