



Counseling, Health and Wellness Services

Counseling Center

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Ten Tips to Help Manage Emotions During Difficult Conversations

Political Stress

1. ***Prepare yourself*** as if you had a big game, performance or presentation
 - Plan for extra sleep
 - Organize meals, extra snacks throughout the day
 - Research information so you feel knowledgeable about the subject you may be talking about
2. ***Recognize political viewpoints are connected to emotions*** and therefore people can take things personally if a politician or party is criticized
 - Focus on the issues rather than reputations or characteristics
3. ***Know your boundaries***
4. ***Establish conversation goal(s)***
 - Exchange information
 - Learn about another's viewpoint
 - *NOT* to change one another's minds
5. ***Establish ground rules***
6. ***Find common ground*** - find concerns that are agreed upon
7. ***Manage your emotions***
 - Take deep breaths
 - Speak softer
 - Avoid accusations
 - Speak slower
 - Recognize own triggers
 - Don't take things personally
8. ***Identify your emotions***
 - "I am (emotion - afraid, worried, hopeful, etc.) for (issue) so I support (politician)."
9. ***Plan for a cool down*** - may be emotionally exhausted
 - Do
 - Mindfulness activity
 - Stretch
 - Cry
 - Journal
 - Find supportive friends
 - Don't
 - Gossip with friends
 - Engage in risky behaviors
 - Keep things bottled up
10. ***Ask for help***

Campus Ministry(253) 534-7464	Lute Telehealth – www.plu.edu/lute-telehealth
Center for Gender Equity(253) 535-8759	Counseling Center (253) 535-7206
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