

## DO

**Limit your media intake, including social media.**  
Instead, focus on media that relaxes you, makes you laugh, or helps you sleep.

**Find neutral, appropriate topics to discuss at work.**

Besides discussing the work itself, it's a good idea to keep workplace discussions to noncontroversial topics. Some ideas are pets, food, hobbies, and the old standby - the weather.

**Maintain your health.**

Making sure you're eating nutritious meals, limiting junk food, getting enough sleep, and exercising all contribute to an overall state of mental health.

**Check the facts with primary sources.**

Look up [congressional records](#). Read the pertinent sections of bills. Watch the whole speech to put a quote in context. Question everything. Don't rely on someone else to do the research for you, and don't depend on "news" articles to be unbiased.

**Pick up a new hobby or learn a new skill that requires your focus.**

This will occupy your brain with positive thoughts, improve your mood, and lead to better overall mental health.

**Keep calm and listen to learn!**

The best way to preserve relationships is for individuals to try to understand each other. Try to see things from the other person's point of view, and focus on the values you share in common.

## DON'T

**Argue with people on the internet.**

It doesn't change anyone's mind, and just adds to your frustration.

**Talk about politics at work.**

Work is stressful enough, and much of it depends on teamwork. Talking about politics is likely to divide the team rather than unify it.

**Use alcohol, nicotine, or other substances to soothe your distressing feelings.**

While it may feel better in the moment to take the edge off or forget about what's bothering you, substances have side effects that worsen mental and physical health.

**Choose your position based on headlines, short video clips, or inflammatory language.**

These are tools used in propaganda and marketing, and they're effective at influencing people without telling the whole truth.

**Spend a lot of time alone and worrying.**

Isolation and rumination will reinforce the bad moods and give you an overly pessimistic view of the situation. This has a negative impact on mental health.

**Judge, call people names, yell, or get physical.**

In counseling, we learn how to set aside our personal beliefs in order to focus on viewing the client with "unconditional positive regard" ([Carl Rogers](#)). Try remembering that everyone is doing the best they can. Out of control behavior and irrational anger only make us look foolish, make "our" side look bad to people who might be undecided, and do nothing to change anyone else.