
Step 2: Reflection Questions

After tracking your experiences, take a moment to reflect on the following:

1. **Did you notice any patterns in your triggers?**
(For example, were most of them related to social media, conversations, or news consumption?)

2. **Which emotional response did you experience most often?**
(Fear, anger, frustration, helplessness?)

3. **How effective was your reaction?**
 - Did it help reduce anxiety, or did it increase stress?
 - Would you like to respond differently in the future?

4. **What is one small change you can make to manage your response to political stress?**
(For example, limiting news consumption, stepping away from social media, practicing mindfulness, or setting conversation boundaries?)

Step 3: Action Plan

Choose one action step to implement for the next 24 hours:

- I will limit my news/social media exposure to ____ minutes per day.
- I will take a break when I notice anxiety rising and practice deep breathing.
- I will avoid engaging in unproductive political debates.
- I will focus on self-care after encountering a stressful political trigger.
- Other: _____