

What is Political Trauma and How Do I cope with it?



Political trauma is a profound experience that can significantly impact mental health and overall well-being. It arises from exposure to politically motivated events, actions, or rhetoric that cause distress, fear, or anxiety.

As members of Indigenous and BIPOC communities, we may be particularly vulnerable to its effects.

Effects of Political Trauma on Mental Health

Political trauma can have far-reaching consequences on an individual's mental health. Experiencing political trauma can lead to:

Increased Risk of PTSD: Exposure to political violence or oppression can lead to post-traumatic stress disorder (PTSD), characterized by intrusive thoughts, nightmares, and hypervigilance.

Depression and Anxiety: Chronic exposure to political stressors can contribute to the development of depression and anxiety disorders.

Cognitive Impairment: Political trauma may affect cognitive functions, leading to difficulties in concentration, memory, and decision-making.

Social Withdrawal: Individuals may experience a sense of alienation and disconnect from their communities, leading to social isolation.

Intergenerational Trauma: The effects of political trauma can be passed down through generations, impacting the mental health of future family members.

For Relatives living in Nebraska

All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8:00am-Midnight.



society of care



Signs of Political Trauma

- Heightened anxiety or fear related to political events
- Difficulty sleeping or concentrating
- Increased irritability or anger
- Feelings of helplessness or despair
- Physical symptoms like headaches or stomach issues

Coping Strategies



Limit media consumption: Set boundaries on news and social media intake to reduce exposure to triggering content.



Practice self-care: Engage in activities that bring you joy and relaxation, such as meditation, exercise, or creative pursuits.



Connect with community: Share experiences and seek support from trusted friends, family, or support groups.



Engage in meaningful action: Volunteer or participate in community initiatives that align with your values to regain a sense of control and purpose.



Seek professional help: If symptoms persist, consider talking to a mental health professional who specializes in trauma-informed care.



Cultural healing practices: Engage in traditional healing practices that are culturally relevant and meaningful to you.

Sources:

<https://www.psychologytoday.com/us/blog/theyre-not-coming/202101/how-to-cope-with-todays-political-trauma-and-madness>

<https://www.aprillyonspsychotherapygroup.com/blog/political-trauma-signs-symptoms-amp-treatment>