

# Overcoming Post-Election Anxiety by putting our Faith in Action

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November 7, 2024



Bishop James L. and Supervisor Arelis Davis  
123rd Elected and Consecrated Bishop of the AME Church  
Fall Planning Conference 2024

**How many of you felt like or are feeling  
like this Goldfish Post-Election?**



**YES**

**NO**



# **Anxiety**

- **Experienced by everyone**
- **Temporary worry or fear is “normal”**
- **Anxiety can be healthy**





# **Anxiety Post-Election**





## **Raced-based Trauma**

**According to Carter (2007), Racial trauma, or race-based stress, refers to the events of danger related to real or perceived experience of racial discrimination. These include threats of harm and injury, humiliating and sharing events, and witnessing harm to other People of Color and Indigenous individuals' (POCI) due to real or perceived racism.**

### Reference

Carter, R. T. (2007). Racism and psychological emotional injury: Recognizing and assessing race-based traumatic stress. *Counseling Psychologist*, 35, 13–105





# The Seasoned Saints

Anxiety = Past Memories







# The Promise

Anxiety = The Unknown;  
Disbelief; 1st major political  
disappointment



Current belief	Anxiety Rating (1-10)	God's Word	Alternative Belief	Faith in Action	Anxiety Rating (1-10)
<p>Lord, how am I going to make it? I am already struggling with <b>INSERT YOUR ANSWER</b></p>	<p><b>9</b></p>	<p>“But my God shall supply all your need according to his riches in glory by Christ Jesus.” Philippians 4:19</p>	<p>I do not know what changes will come with a new administration. I do know that God has helped me in the past and I know He will do it again.</p>	<p>Research resources that are in your area of “struggle” and/or consider starting something new to address it.</p>	<p><b>4</b></p>
<p>Lord, so many of us died during COVID-19, what will we do if we do not have access to vaccines? What about our reproductive rights?</p>	<p><b>10</b></p>	<p>“Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.” 3 John 2</p>	<p>God wants us to be in great health. God has given us the resources in our community to help us take care of ourselves. Our ancestors used their resources which were less than what/who we have so we will make it.</p>	<p>Create Think Tanks comprised of professionals, faith leaders, community members, and community leaders.</p>	<p><b>5</b></p>





**F**  
**E**  
**A**  
**R**

FACE  
EVERYTHING  
AND  
RISE







**Resource – Shared during the Questions and Answer Session**

**[Click to Access the Social  
Determinants of Health](#)**



# Contact Information

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