

Pressure at the Polls

The Presidential Election & Your Mental Health



In any year, November and December tend to be a little more stressful than other months. But 2020 threw us some extra curveballs: racial unrest, natural disasters, a struggling economy, the COVID-19 pandemic and a particularly divisive presidential election. Whether it's large crowds at your polling place, strong opposing political views amongst your family members, a lack of confidence in either outcome or fear of the unknown, this election season definitely offers plenty to stress about.

68% of U.S. adults say the 2020 U.S. presidential election is a significant source of stress in their life.

Source: American Psychological Association

Here are some healthy ways you can cope with the next few months:

- **Talk about how you're feeling.** Share your tensions and negative emotions with someone you trust, but also think about the positives.
- **Practice mindfulness.** A constant news stream can feel overwhelming quickly, so take some time to ground yourself and be present.
- **Take care of yourself.** Eating healthy, drinking enough water and getting enough sleep can do wonders for your physical and mental health.
- **Exercise and spend time in nature.** Moving your body helps release the energy you experience when you're stressed.
- **Be proactive about your therapy.** Use your EAP counseling sessions as a safe space to explore the things that have you worried and learn to cope with them in healthy ways.

It's okay to feel stressed – and it's okay to ask for help. Reach out to your EAP for relationship support, legal help, financial resources, stress management and community services. You can even access tools, webinars and articles on things like:

- Anticipatory anxiety
- Conflict at home or in the workplace
- COVID-19 and your mental health
- Traumatic events and crisis in the media
- Job loss and transitions

Get the most out of your EAP by attending this month's free webinars on **Waving Worry Goodbye: Strategies to Manage Anxiety and Supporting a Remote Workforce.**