2020

NAVIGATING THE ELECTION WITH THE LEAST STRESS POSSIBLE

ITS OKAY TO BE WORRIED ABOUT IT
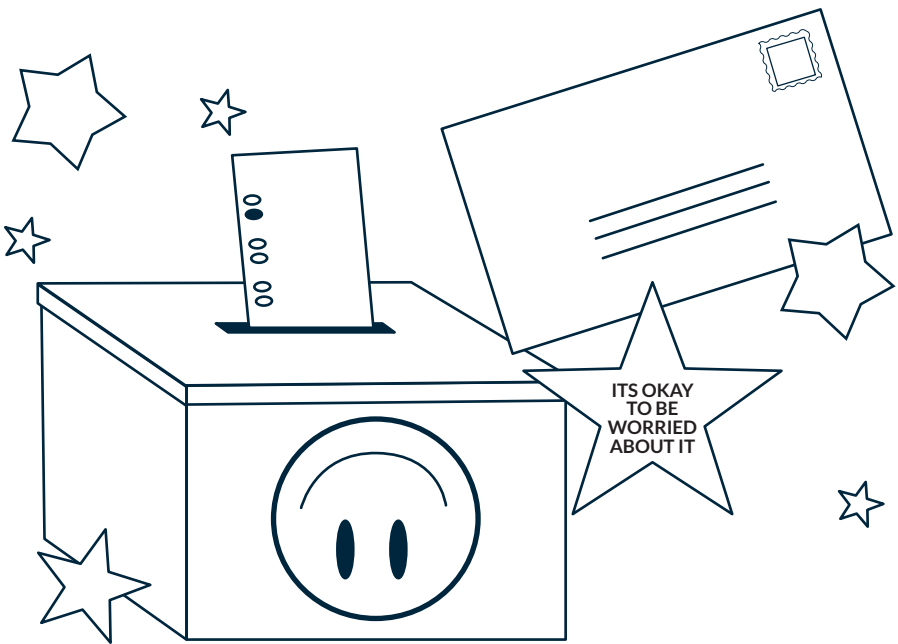
36%
of employees avoid talking to or working with colleagues who have opposing political views

64%
of Americans think its "probable" that Russia interfere with our electoral process.

47%
of workers said the election impacts their ability to do their job.

25%
of voters are already convinced that a candidate is "very likely" to cheat in order to win.

You are here

START HERE

① MONITOR HOW MUCH MEDIA YOU WATCH.
Constant exposure to political upheaval and the pandemic can create anxiety, insomnia, and symptoms of trauma. Evaluate how the news makes you feel. Take a break from the news and political banter to ease anxiety.

② SET BOUNDARIES AROUND POLITICAL CONVERSATIONS.
Election season can be challenging if you disagree with the political views of coworkers, family and friends. If you choose to discuss politics, focus your conversations on curiosity and friendly debate rather than persuasion.

③ AVOID COMMON THINKING TRAPS.
Thinking traps are negative thought patterns that block you from seeing things clearly and rationally. Some common thinking traps include:

- **Catastrophizing:** Forecasting the future in the worst case scenarios
- **Overestimating:** Believing that these negative scenarios will actually occur
- **Negative filtering:** Negating positive facts about situations and one's ability to cope

④ TIPS TO FACE YOUR THINKING TRAPS.

- **Check in:** Notice your thoughts when you feel a spike in anxiety or stress.
- **Re-examine:** Reevaluate your thoughts and consider alternative, rational thoughts.
- **Take action:** Replace the catastrophic thoughts with a productive action, such as problem-solving and self-care.

⑤ FUNNEL YOUR STRESS INTO SOMETHING PRODUCTIVE.
An effective way to reduce stress is to feel like you are making a difference. Donate to a cause, volunteer at an organization, or simply help your neighbor with a meal.

⑥ TAKE CARE OF YOURSELF.
Create healthy habits to manage the stress. Consider meditation, going out in nature, reading a book, or working on a hobby. Studies show that moving our bodies, including walking, biking, or even dancing, can improve mental health and reduce anxiety and depression. Make sure you get enough sleep and exercise, eat a healthy diet, and avoid using alcohol and drugs.

☺THE BOTTOM LINE☺
Elections are stressful. If you feel anxious, know it's normal. Many people feel the same way. Remember the things you can do to minimize conflict and take care of yourself. Prioritize self- care first so you can cope with what comes next.