

# Employee Assistance Program

## Managing Election-Related Stress and Anxiety

The election process can be stressful for anyone; it is normal for people to experience feelings of unwanted emotions. Election-related stress and anxiety are worsened by prolonging discussion, images and videos online, news stories, and social media. While it is normal to experience general frustration, excessive worry and fatigue can be disruptive when it interferes with work and everyday life.



### Election-related stress and anxiety may include:

- Disruptive thoughts
- Worry about the outcome of the election
- Feelings of fear, frustration, anger, loss, and being overwhelmed
- Headaches and difficulty concentrating

### Here are some helpful ways to manage election-related Stress and Anxiety:

- **Limit consumption of election-related media** – It is important to keep informed about the election. However, consuming too much information can cause frustration and increase anxiety. Be selective with the information you consume, take a break and do something else. For example, spend time with family and friends, read, start a new hobby, or do an activity you always wanted to do. Be intentional with the information you consume.
- **Avoid conversations that may lead to election-related topics** – Try to avoid conversations or topics with your co-worker, family, and friends about the election. This can easily turn into an argument and arguing about the election will not change the outcome or the opinions of others. Limiting conversations about the election is important. Conversations about politics with others can become intense, and cause problems within your relationships.
- **Focus on things you can control** – Worrying, arguing, or stressing about the election is counterproductive. We cannot change or control the outcome of the election. Instead, focus on things you can control like volunteering, help others register to vote, email people for your candidate, collect donations, or sign-up to be a poll worker.
- **Be mindful** – Be mindful with social media, what you watch on TV and the topics you discuss with co-workers, family and friends. We can't change the past or control the future. Focus on: WIN - what is important now.
- **Control your thoughts and actions** – You cannot control your feelings about a candidate or the election. Keep in mind, feelings are neither right nor wrong. You can control your thoughts and reactions to your feelings. Imagining the worst only increases anger and fear. Our political system is structured to withstand any change in government and ensures long-term stability.
- **Vote** – Voting is something you can control. Exercise your right to do so. Your vote makes a difference and improves democracy. Be proactive, research the candidates, discuss issues with others, or donate to those you support. These are things within your control.

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