



Participant Guide

Managing Post-Election Anxiety



Overview

Elections are stressful, even under the best of circumstances. And the 2024 election has been one of the most contentious in modern history. If you're feeling anxious about the outcome and potential fallout, you're not alone. In this webinar, we'll explore the current political climate and discuss simple, actionable strategies to help you cope.

Agenda

- ✓ Mindful Moment Meditation
- ✓ Post Election Climate
- ✓ Election-Related Fears
- ✓ Strategies to Help You Cope
- ✓ Tips to Manage Anxiety
- ✓ Simple Self-Care Practices
- ✓ Handling the Holidays

Seminar Length: 1 Hour

Resources

- Concern: [Managing Post-Election Stress](#)
- BetterHelp: [Post-Election Stress Disorder](#)
- Time: [Election Polls Stress](#)
- KTVU: [Cope with Election Stress](#)
- Forbes: [Family Matters](#)

Box Breathing Can Help You Destress



Box Breathing is a simple but powerful relaxation technique that can help return your breathing pattern to a relaxed rhythm. It can help you relax, refocus, and recharge your mind and body.

Getting started. Sit in a chair, stand, or lie down on your back with one hand on your chest and one hand on your stomach. When you sit in a chair, be sure that your back is supported, and your feet are firmly on the floor.

How to do box breathing. It's easy and quick to learn.

- Step 1.** Breathe in counting to four slowly. Feel the air enter your lungs. If you notice that your chest is rising but your stomach is not, you are shallow breathing. If your stomach is rising, you are deep breathing, activating full relaxation in your body.
- Step 2.** Hold your breath for 4 seconds. Try to avoid inhaling or exhaling for 4 seconds.
- Step 3.** Slowly exhale through your mouth for 4 seconds.
- Step 4.** Repeat steps 1 to 3 until you feel re-centered.

Repeat this exercise as many times as you can. 30 seconds of deep breathing will help you feel more relaxed and in control.

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- Chronic pain, weight loss, diabetes, smoking cessation

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Thank you!

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