

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



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Current Political Climate

- 54% of adults are concerned about the election's aftermath. (AMFM)
- 40% state this has been one of the most stressful presidential elections. (YouGov)



Election-Related Fears

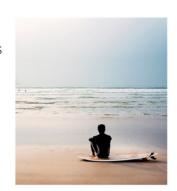
- · Uncertainty about future
- Overcome with anxiety
- Media amplifies fears
- Feeling world is out of control





Strategies to Cope

- Challenge unhealthy thoughts
- Set boundaries
- Practice kindness
- Increase empathy
- Embrace healthy distractions



Overcoming Anxiety

Focus on	Focus on facts - Not fearful communication
Minimize	Minimize exposure to the news
Communicate	Share your concerns & ask for what you need
Practice	Practice mindfulness
Breathe	Breathe deeply until calm
Challenge	Challenge your thoughts and beliefs
Ве	Be proactive to manage your stress
Reach out	Reach out for support, talk with family and friends
Utilize	Utilize Concern, your EAP, and other healthcare resources

Tips to Manage Anxiety

- Cognitive reframing
- Unplug from media
- Spend time in nature
- Get busy





Self-Care Practices

- · Eat a healthy diet
- Get exercise
- · Protect sleep
- · Schedule "fun"
- Connect



Holiday Conversations

- · Set ground rules ahead of time
- · Practice active listening
- Be curious not furious
- Focus on person not politics
- · Don't try to win
- · Take some space



Scenario

Maria and James are team members. During a recent team meeting, James expressed his concern over the recent election results. His media feeds are filled with hateful comments.

SITUATION

He shared with Maria that he's having trouble sleeping. He's extremely anxious about the future and the 24/7 media cycle is contributing to his anxiety and stress.

RESULT

WHAT WOULD YOU RECOMMEND JAMES TO DO TO MANAGE HIS ANXIETY?

OUTCOME





DON'T...

- Catastrophize
- Struggle alone
- Lose sight of yourself

DO...

- Remember it's not permanent
- Prioritize self-care
- Focus on mental health



Recap

- Address Your Fears
- Maintain Perspective
- Manage Anxiety
- Practice Self-Care
- Remain Hopeful
- EAP





Resources

• Concern: Managing Post-Election Stress

• BetterHelp: <u>Post-Election Stress Disorder</u>

• Time: <u>Election Polls Stress</u>

• KTVU: <u>Cope with Election Stress</u>

• 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.

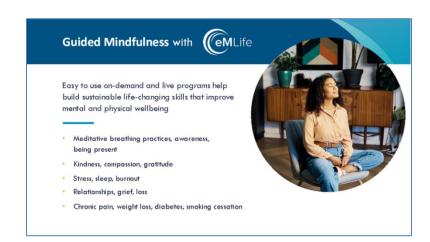
- **Step 1.** Breathe in counting to four slowly. Feel the air enter your lungs. If you notice that your chest is rising but your stomach is not, you are shallow breathing. If your stomach is rising, you are deep breathing, activating full relaxation in your body.
- **Step 2.** Hold your breath for 4 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.



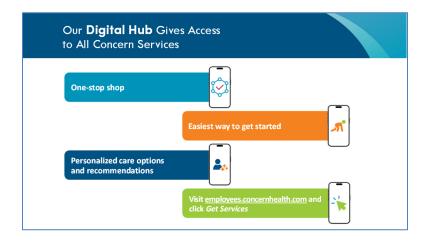


Concern is a full-service mental well-being program. We offer confidential counseling, coaching, and work-life resources. Balancing work and home, taking care of people who rely on you, and dealing with all the stressors in today's world, can make your life a juggling act. If you are feeling over-whelmed, call our toll-free number 800-344-4222 or go to employees.concernhealth.com Concern is available 24/7.



Practicing mindfulness benefits physical and emotional wellbeing.

Through our partnership with eMLife, you have access to an entire suite of evidence-based live and on-demand mindfulness solutions. Learn new skills, explore easy to use content, participate in live, daily, 14-minute mindfulness programs led by experts, and discover resources to help you build and sustain healthy habits.



Concern's digital hub is like having a wellness toolkit right at your fingertips.

- Accessible by phone, computer, or laptop
- Instant access to all Concern resources anytime, anywhere
- Confidentiality with private, secure digital sessions
- Personalized support solutions like videos, apps, articles, and guided exercises
- Continuous updates and new tools added regularly



Thank you!

Questions? Comments?

Please complete the Survey Monkey

https://www.surveymonkey.com/r/3VHDNPS

