If election stress is getting to you, you’re not alone. Not only are we in the middle of a global pandemic, we’re also facing civil unrest, natural disasters and a struggling economy. Add to that increasing division in our political climate and a contentious presidential election. The result is an accumulation of stressors that are taking a physical and emotional toll on Americans.

If you are feeling anxious about the run up to the election, here are a few tips to help you cope.

- **Avoid dwelling on worst case scenarios.** When there is uncertainty, many people worry about what-if's and go to worse-case scenarios. Try to avoid dwelling on things you can’t control. Sometimes distraction or practicing mindful self-awareness can help you stay in the moment and break the habit of worrying about bad outcomes.

- **Have a voting plan.** Just making a plan on how or where you will vote can help reduce anxiety. You can also get involved in other purposeful activities, like volunteering your time.

- **Have an Election Day plan.** Uncertainty about the election may not end on Election Day. Results could take weeks to process. Plan something to do on Election Day (in addition to voting) that will keep you busy and connected to social support. For example, catch up virtually with a friend or family member.

**More than two-thirds of U.S. adults say that the 2020 presidential election is a significant source of stress in their life**

Sources: CNN, American Psychological Association

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**Pre-election Stress Tips on how to manage your stress and pre-election anxiety**

**Take Care of Yourself**

**Focus on what you can control.** If following the news, watching the rallies, or scrolling through social media is causing you stress, control your media exposure. Take measures to log off when you can, and set a time once a day to check the news.

**Make self-care a priority.** Much of what is going on is out of your control. But you can control how you take care of yourself. Get active, pay attention to your diet, get good sleep. Try activities that promote mindfulness, such as meditation or having some quiet time every day.

**Stay socially connected.** Spend time with friends and family. Get emotional support by sharing your concerns with people you trust.

**Set boundaries.** Some experts suggest setting boundaries for political conversations. These boundaries can be set kindly, politely and with love. If you draw the line and someone continues to cross it, you can agree to disagree as a positive way to end the conversation.

**Get help.** If stress is interfering with your everyday life, Concern can help. For information about self-help resources or consulting with a counselor, call 800-344-4222 or visit our website at employees.concernhealth.com