Post-Election Stress: Coping Resources

Support for Managing Stress

According to a survey by the American Psychological Association, the 2016 presidential election was a source of significant stress for more than half of Americans. Now that the election is over, you may still feel stressed, sad, or anxious. We’re here to help. www.liveandworkwell.com is a free, convenient online resource available to you and your family because of your benefit package. Please visit and view the rotating Spotlight area near the top of the page for more information about post-election stress. Register/Login or enter with your Access Code for more resources. If you feel you need additional assistance, please call your custom phone number located on liveandworkwell.

Live and Work Well Resources:

- Our Mindfulness tools can help ease stress and reduce tension.
- Under the Health & Well-being tab, visit our centers for Coping with Change, Resiliency & Mindfulness and Stress.
- Under the Education, Work & Career tab, visit our center for Stress Management.

Coping Tip: Take a digital break from the 24/7 news and read just enough to stay informed. Take some time for yourself, go for a walk, or spend time with friends doing things that you enjoy. [1]

Source: 1· ©American Psychological Association’s 2016 Stress in America survey

liveandworkwell.com
Confidential resources for mental health and life’s changes

Liveandworkwell.com Helps Your Children Deal with Stress

Liveandworkwell.com’s “My Healthy Family” section features age-appropriate support information for children and teens. Our content partner is the award-winning KidsHealth organization. Find it: Quick Links under Resources.
Excerpt from an article found on liveandworkwell: *Coping with Change* By © Amplified Life Media.

The following tips are some strategies to help you cope well with the changes affecting your life, whether they are expected or unexpected:

**Control.** Learn to accept what you can and cannot control. We will spend an enormous amount of time and energy if we blame others and try to make them change.

**Examine thinking.** Sometimes when we feel stressed or anxious, our minds will go into overdrive. We might jump to worst-case scenarios or even imagine impossible or irrational situations. However, slowing our minds down with some relaxation techniques will help us examine those wayward thoughts. Focusing on the facts can help keep our thoughts and emotions under control. This will also help you strategize where to put your energy and how to solve the problem.

**Permission to grieve.** Many changes in life take the form of losses. These can be positive, but even a good change can bring a sense of loss or sadness. During change it is important to allow yourself time to grieve what may have been lost. You will need time to embrace the change, take care of yourself, and possibly seek out support.

**Timing.** Being able to positively cope with change gives us the opportunity to look at past, present, and future perspectives:

- **Consider past challenges** - One way to positively face change is to look back. This can serve to remind you of your ability to solve problems and adapt to new situations.

- **Focus on the present** - Remember not to lose sight of the present. Take some time each day to practice relaxation exercises. Focus on your breathing and senses to feel calmer and more ready to tackle new experiences. Relaxation techniques will also help you notice your physical and emotional responses to stress and when to address them.

- **Set future goals** - Times of change are excellent opportunities to reflect on your values and purpose in life. Having clear values and goals for the future help ward off the physical and emotional symptoms that emerge in changing and uncertain times.