

TIP OF THE MONTH

How to Handle Election-Related Stress

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With so many people reporting increased levels of stress resulting from the election, we are sharing our top tips to handle stress in this moment.

1. Feeling stressed and anxious is normal. Allow yourself to experience your feelings without judging them as “bad.” Accept your emotions and then engage in coping strategies. [Watch FEAP’s webinar recording of “How to Rest & Restore in Turbulent Times.”](#)
2. Unplug! Give yourself a break from news and social media.
3. Recognize the importance of your own self-care. [See our tips on Anxiety and Resiliency.](#)
4. Focus on what you can control. Prioritize foundational human needs like sleep, eating healthy meals regularly, and connecting with people who are important to you.
5. Vote—it’s one thing you can control.

FEAP is currently offering **21 Ways in 21 Days to Rest and Restore**; a program that delivers to your inbox brief activities and resources designed to help you attend to your own needs and learn skills to restore yourself. [You’re invited to register today.](#)

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