

Stress and the Election

Emotions may be running high in the weeks surrounding an election. People may have strong feelings on both sides about the campaigns, the candidates, and the results. You may notice that you and your co-workers are:

- ▶ Talking more about the election or what might happen
- ▶ Checking the Internet and social media sites for updates more frequently
- ▶ Avoiding people who have opposing viewpoints or feeling tense around them
- ▶ Feeling anxious about what the election may mean for you personally

When it comes to discussing the election and other current events at work, it's important to behave appropriately toward others. These guidelines may be helpful:

- ▶ **Be respectful.** People may be experiencing strong emotions, and it's important to be respectful and sensitive to their feelings. Stick to more neutral topics of conversation.
- ▶ **Maintain appropriate workplace conduct.** Use appropriate workplace behavior and language. If you are having a hard time reining in your emotions, change the subject or politely withdraw from the conversation.



- ▶ **Focus on work.** Regardless of your feelings about the election, it's important to focus on your work responsibilities. Remember that you and your co-workers need to work together as a team, regardless of personal views.
- ▶ **Remain neutral with customers.** Some customers may express their thoughts about the results of the election. Keep your personal opinions out of the exchange and stay focused on the task at hand.
- ▶ **Recharge.** If you are feeling tired or stressed, use your scheduled breaks to regroup. Take a walk, read, or watch a fun video. Practice good self-care by eating healthy, exercising, and aiming for between seven and nine hours of sleep per night.

LifeMatters can help you find ways to manage the stress of election season. Call 24/7/365.

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