



MANAGING POST-ELECTION STRESS

Help is Available

Research confirms what we already know — the contentious 2024 presidential election has stressed us out. There’s even a name for it: *election stress disorder*. While not an official diagnosis, it puts a name to the feelings that many of us are having, and the effects those feelings are having on our lives.

As if that isn’t enough, the stressors caused by international conflicts, protests over social justice, economic strain, and natural disasters have compounded unprecedented levels of anxiety and uncertainty.

The bottom line — elections are stressful, even under the best of circumstances. If you’re on edge, know that it’s normal. But if you feel that stress is interfering with your everyday life, Concern can help.

We’re available 24/7. For confidential counseling, stress management resources such as guided mindfulness, personal coaching, or digital self-help tools, go to employees.concernhealth.com or call 800.344.4222.

Take Care of Yourself

Maintain boundaries post-election.

It’s holiday season with lots of get-togethers and gatherings. If you’re worried that talking about election results will be too sensitive or cause an argument, don’t talk about it. Set up some ground rules beforehand so no one feels attacked or gets angry. If conversations become uncomfortable, take a time out or “agree to disagree” and walk away.

Mentally prepare for delayed results.

Expect delays. Be ready for a long night and maybe days of waiting before there are definitive answers. The delay will extend the uncertainty.

Be aware of social media triggers.

Try not to react impulsively. If you feel angry and want to post on social media, take a walk or short break first. If you still feel it’s important to post something, be prepared for people to disagree with you. If you’re not ready for that or if you’re worried about how negative feedback may affect you, take a break from social media for a while.

Make self-care a priority. Whether it’s meditation or having some quiet time, going out in nature, reading a book, or talking with a friend, take time every day to do something that makes you feel good.

Potential Post-Election Violence

The 2024 election is one of the most contentious in modern history. As a result, the fear of post-election violence is quite real. A recent poll found that 70% of likely voters are worried about politically motivated violence following the election.

Tips to help you cope

There is no single “right” way to cope with fear and confusion surrounding acts of violence in our communities. But in the event of post-election unrest, here are a few simple practices to ease worry and cultivate wellbeing.

- **Get reliable information.** One of the best ways to manage fear is to understand what is being done to protect your community.
- **Minimize exposure to the media.** Once you have the facts, it’s a good idea to limit access to the news. Try to give yourself and your family a break from the intensity of what’s going on. Being overexposed can increase your stress.
- **Allow your feelings.** If you notice that you are having strong feelings, acknowledge them. Don’t try to ignore or deny them. Get emotional support by giving voice to and sharing your concerns with people you trust.
- **Gain perspective.** It’s natural to worry about “what-ifs” and your mind can easily go to worst-case scenarios. In the face of most events, it is helpful to talk ourselves down and remember that our day-to-day lives are unlikely to drastically change and will eventually return to normal.
- **Be supportive.** If you know someone who is fearful, reach out and let them know you are thinking of them. Check in with family and friends. See how they’re doing. Create opportunities for people to socialize and be together.

Helping Your Children Cope

Children are particularly vulnerable to fear in the wake of violence. They have a harder time understanding what’s happening and putting it into perspective. It’s an important time to pay special attention to their needs.

Here are a few suggestions.

- **Be available.** Make time to talk. Be sure they know they can come to you when they have questions. Listen to their concerns, and then reassure them. For example, point out that these events are limited and the risk to any particular individual is very low. Let them know that you will always do your best to keep them safe.
- **Be honest.** Give them information that is truthful and appropriate for age and maturity level. Talk to them about how some stories on the internet and social media may be inaccurate or based on rumors.
- **Be calm.** Children will react to both what you say and how you say it. Even if you’re feeling tense, try to speak with them as calmly as possible. This will set the tone for ongoing conversations.
- **Maintain family routines,** particularly around meals, bedtimes, and scheduled social and leisure activities. Structure helps a child feel safe. Make time for soothing activities such as reading with them or playing board games as a family.
- **Be especially patient** with your children, your family, and other loved ones. Give them signs of reassurance such as hugs and affection. Also be patient with yourself and understanding your own needs.

Learn More.

[Time](#). [How to Survive Election Season](#); [APA](#). [Managing Political Stress](#)

Call **800.344.4222** or visit employees.concernhealth.com