

# Keep Calm and Vote On!



No matter who your candidate of choice is, you're likely to be anxious and preoccupied on Election Day and likely for some time afterwards. Here are several things you can do to help make it through:

- **Vote.** The most important thing you can do is vote, if you haven't already. The ups and downs of Election Day (and Night) will feel less bumpy if you've done your part.
- **Try to make it a regular day.** Attempt to make today seem like any other day in this manic, messed-up year. Maintain routines. Eat a good breakfast and stay hydrated. Exercise.
- **Remember that the other side isn't all evil.** The idea that everyone on the other side is demonic is of course, not true. There are plenty of demonic people on both sides. We have come to think of politics as defining moral character. Relax, take deep breaths.
- **Avoid arguments.** You can't talk about everything with everybody. Some things are going to be off-limits, even with those you love. Nov. 3 is not the day to get into political disagreements with anyone and everyone. It's OK, to keep your lips sealed in the interest of self-care. Even if you have to bite your tongue.
- **Meditate.** Ten Percent Happier—a mindfulness app—launched [a 2020 Election Sanity Guide](#) on their website that includes free meditations to help ease anxiety. Try it out.
- **Practice deep breathing exercises.** It helps reoxygenate your blood, but it also takes you out of a fight-or-flight response, which is sometimes what we feel when we're getting really anxious. It calms us down and slows us down. You can also do this while standing in the line to vote.
- **Steer clear of partisan news shows and websites.** Stay informed. But, try to make sure you stick with reputable news sources. Look up information for yourself. Limit your time.
- **Tune out for a while.** Do something mindless (vs. mindfull), and don't feel guilty about it. Watch "Brady Bunch" reruns. Rearrange your underwear drawer. Read a magazine. Take a bubble bath. Bake. Your brain deserves a break today—give it one.
- **Let it go.** The election is beyond your control. Remind yourself of that. Other people's viewpoints are, too. You're not going to change someone else's mind, no matter how persuasive you think you are.

If you're experiencing higher levels of stress during and even after the election is over, don't hesitate to call for help. Counselors are available through EAP. Services are confidential and FREE! Call **800-801-4182**, or **402-354-8000** or email [eap@bestcareeap.org](mailto:eap@bestcareeap.org) to schedule an appointment.