



Managing Election Stress

It can be hard to prioritize self-care in challenging times, but this is exactly when it's needed most. Here are some tips to help you be more stress-resistant:

- **Stay informed.** But don't overdue news exposure. Notice the impact news stories have and limit accordingly.
- **Get support.** Know that mental health professionals can help you problem-solve and identify strategies to manage difficult feelings.
- **Control what you can.** Many things, especially other people's behaviors, are beyond our control. Instead of stressing out, focus on the best way to react.
- **Take care.** Eat well, exercise regularly and make sure you take time to relax and recharge.

Respect In The Workplace

We all have opinions and beliefs that sometimes come up in the workplace. But discussions of emotionally charged political and social events or topics of a personal nature can sometimes descend into workplace conflict. This can create a work environment that may feel unwelcoming or disrespectful. Below are some reminders and strategies for maintaining a respectful and inclusive workplace.

- **Tap into your emotional awareness.** If you feel yourself getting defensive, ask yourself, "Why is this issue so important to me?" Then ask, "Why is this important to this person?" Try to see things from their perspective to develop a deeper understanding of their belief.
- **Calm tensions with mindful breathing.** When you feel your emotions escalating or a physical response, use mindful deep breathing to restore a sense of calm.
- **Remove yourself from the situation.** We can't always control how a conversation starts or progresses, but you can decide when it is time to end it. It is okay to simply "agree to disagree" if you feel uncomfortable or your emotions start to rise.
- **Remind yourself of the goal.** At work, we are a team working together towards a common goal. We need to be able to cooperate others, even when we don't agree with things they do or say.

Additional Resources

- [Inova – Employee Assistance Program](#)
- [The Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)

Take steps to manage and prevent stress, no matter what's going on—here's to elevating your total well-being!

Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on mindfulness and mental health — [free webinars](#) available to all employees. Register and tune in!

Register for Free Webinars & Giveaways for Diabetes Awareness!



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