

## Coping with Election Stress

Election day this year is on Tuesday, November 3, 2020. The national election is an important opportunity to express our voices and power as citizens. However, elections also have the potential to be divisive and volatile given strong opinions on all sides, and very close races in many states.

Sacramento County Behavioral Health Services supports the wellbeing of our County family, friends, and colleagues. When you hear, read, or watch news about the election, you may feel anxious and show signs of stress. These signs of stress are normal. There are many things outside of our control right now — and many things that could potentially happen in the days and weeks ahead. This level of uncertainty can be challenging emotionally.

During and after the election, we want to encourage you to care for your own physical and mental health and to reach out in kindness to those affected by the situation.

### Resources:

**Mental Health Access Team:** To request mental health services, call Mon. - Fri., 8 am - 5 pm (24/7 for Crisis Calls), at (916) 875-1055, (888) 881-4881, or 711.

**Substance Use Prevention and Treatment Services:** To request alcohol and drug related services, call Mon. - Fri., 8 am - 5 pm, at (916) 874-9754 (Adults) or (916) 875-0185 (Youth under 18).

**Sacramento County Election Results:** Official Sacramento County election results can be viewed at <https://elections.saccounty.net/Pages/default.aspx>

*Consider seeking professional help if you or a loved one is having difficulty coping.*

### WHAT YOU CAN DO TO HELP COPE WITH ELECTION STRESS

- Stay informed. Refer to credible sources for updates on the election situation.
- Limit media consumption to decrease stress. Read just enough to stay informed
- Cultivate hope and stay focused on our shared purpose of service to our communities.
- Honor our connections and respect our individual uniquenesses and choices.
- Practice self-care. Make time to relax and rest.
- Maintain a routine.
- Stay connected with family and friends. Engage with kindness, dignity, and non-judgment.
- Reach out to others who may be experiencing a hard time. Consider an act of kindness.
- Partner with others to maintain a safe and respectful workplace or home environment.
- Avoid blaming others or making assumptions.
- Change what is changeable and control what is controllable — and understand the difference.
- Celebrate the good things in American politics.
- Vote. In a democracy, a citizen's voice does matter. By voting, you will hopefully feel you are taking a proactive step and participating in what for many has been a stressful election cycle. Find balanced information to learn about all the candidates and issues on your ballot (not just the presidential race), make informed decisions and wear your "I voted" sticker with pride.
- Stay safe — remember to wear a mask, maintain social distance, and be mindful and careful when out in the community.

