



## Dealing with post-election stress

### Aetna Resources For Living<sup>SM</sup>

Election Day 2020 is behind us, but many people are still tense and worried about the future. You may be thinking:

- What happens now?
- What will be different?
- How will my family and I be affected?

## Coping with change

Change happens all the time. So whether you're happy with the election results or not, remember that change is inevitable. The question is not so much how you handle the election results as how you handle change. Here are some suggestions:

- **Give yourself a "high five."** 2020 has been a year for the record books. Many of us have had to manage anxiety around COVID-19, financial uncertainties, layoffs and, if that's not enough – a stressful election. Having gone through all this, you're already a "change warrior."
- **Remember you can only control some things.** Lots of what's happening isn't within anyone's control. But you can control your own actions and thoughts. So get to work on those. Feeling anxious? Practice relaxation techniques, go for walks, eat healthy meals and get enough sleep. Feeling worried? Connect with friends and family to talk and share feelings. Focus on what you can influence or manage – and not on things that are beyond your control. Remember: Stressing won't change the outcome.
- **Build your resilience.** Ultimately, we all need to adjust. And that's a process. Building resilience—the ability to bounce back—is one of the key factors. Think about other difficult times you lived through and other challenges you've met head on. If you've been an activist, you can still advocate.

Whatever the result of the election, find a way to make it work for you and your loved ones.

**If you're feeling unsettled, consider reaching out for help. Call us for more tips on coping and managing change. We're here for you 24/7.**

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