

tools to fix Election Stress

DOING THE
OPPOSITE

DISTRACTION

SENSORY
COMFORT

PRACTICING
MINDFULNESS

EXPRESS YOUR
FEELINGS

SENSORY COMFORT

Relieve your stress by paying attention to your senses. What do you feel, see, hear, smell, and taste right now? Focus on one or more of these things.

- Something pleasant to the touch, like a soft blanket or velvety leaf. Or just enjoy the feeling of sun on your face.
- Something pleasant to smell, like a scented candle or freshly washed laundry, or a lavender bag on your pillow.
- Something pleasant to hear, like rustling leaves, upbeat music, nature sounds or a favorite podcast.
- Something beautiful to look at, like family pictures or the view out your window.
- Something delicious to taste, like a juicy tomato, dark chocolate or your favorite tea.

DISTRACTION

Do something different to take your mind off the election and world events. It might help to put your phone or other devices away and try one of these activities instead.

- Reading – fiction can be very distracting
- Crafting, sewing, knitting, or crocheting
- Gardening
- Woodworking
- Doing a puzzle
- Voice calling a friend, just to chat

DOING THE OPPOSITE

If election news and political talk have you feeling depressed, do something to energize yourself, like taking a brisk walk outdoors. Find a [Zumba](#) or [Chakaboom](#) dance video on YouTube and follow the moves. Or watch a funny movie. Feeling angry? Tempted to rant and rave? Set a timer and stretch for 5 minutes. Try [alternate nostril breathing](#) to calm down. This is an ancient yoga technique.

PRACTICING MINDFULNESS

This powerful [guided meditation](#) with Dr. Jonas helps you relax and feel calm, centered and grateful. Shift to a mindset of gratitude. Gratitude helps you deal with life's difficulties in a positive and productive way. You'll reap health benefits including better resistance to illness and better mental and physical well-being. Start a daily gratitude practice. The simplest way is just to jot down three to five things you are grateful for each day, from the good weather or a hot cup of tea to a loved one or a job. Other options include keeping a gratitude journal, writing letters or thank-you notes to loved ones, or texting a gratitude buddy. A few weeks of this has been shown to lower burnout and stress.

EXPRESS YOUR FEELINGS

Try journaling. Writing your feelings down can relieve stress. If the thought of trying to write coherent paragraphs stresses you out, just make a list of your feelings, jot random words in a "word cloud," or draw or paint. [Here are some ideas for journaling](#) – and remember, complete sentences aren't mandatory! Neither is good handwriting. The journal is for you to process your own feelings for yourself.

Access more resources at
DrWayneJonas.com