

Election Stress

(AND EATING!)

72% of Americans report feeling stressed about the upcoming election.

How to Manage Election Stress



- Set boundaries around when and how you consume media.
- Challenge black-and-white thinking traps.
- Stay connected to supportive communities.
- Focus on what you can control.
- Empower yourself by taking action.
- Make a list of things you can do when you feel overwhelmed.

How to Manage Stress Eating



- Practice self-care through sleep, movement and nourishment.
- Change your narrative. If you tell yourself you are a stress eater, you are more likely to stress eat.
- Remind yourself that stress eating is a hit of dopamine that quickly fades.
- Be strategic about the foods you give yourself access to.
- Show yourself compassion - guilt makes stress eating worse.

