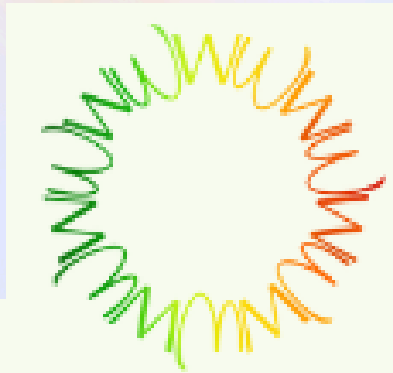


# Weekly Wisdom

*Grow the Green for You and Your Team*



*How are you doing?*

## Coping with Stress (Election or Otherwise)

A recent annual mental health survey found that U.S. adults are more anxious than ever. 43% of adults are more anxious this year than last; of those, 75% saw the election as cause for anxiety.

The following tips are helpful if you're dealing with post-election stress, but *they are also great tools for coping with all sorts of stress.*

**What is happening in my body & mind today?** Naming these emotions is the first step in feeling more in control of your life.

**What can I do to soothe myself?**

**Am I getting enough good news?** Bad news is good for media bottom lines but bad for our well-being.

**When do I feel good about the world?** When you witness courageous or helpful acts, you're reminded that there are still good people out there.

**What am I grateful for today?**

**How can I connect with others?**

**How can I use my talents and skills for good in the world?**

**What future would I like to see? What steps am I taking to make it a reality?**