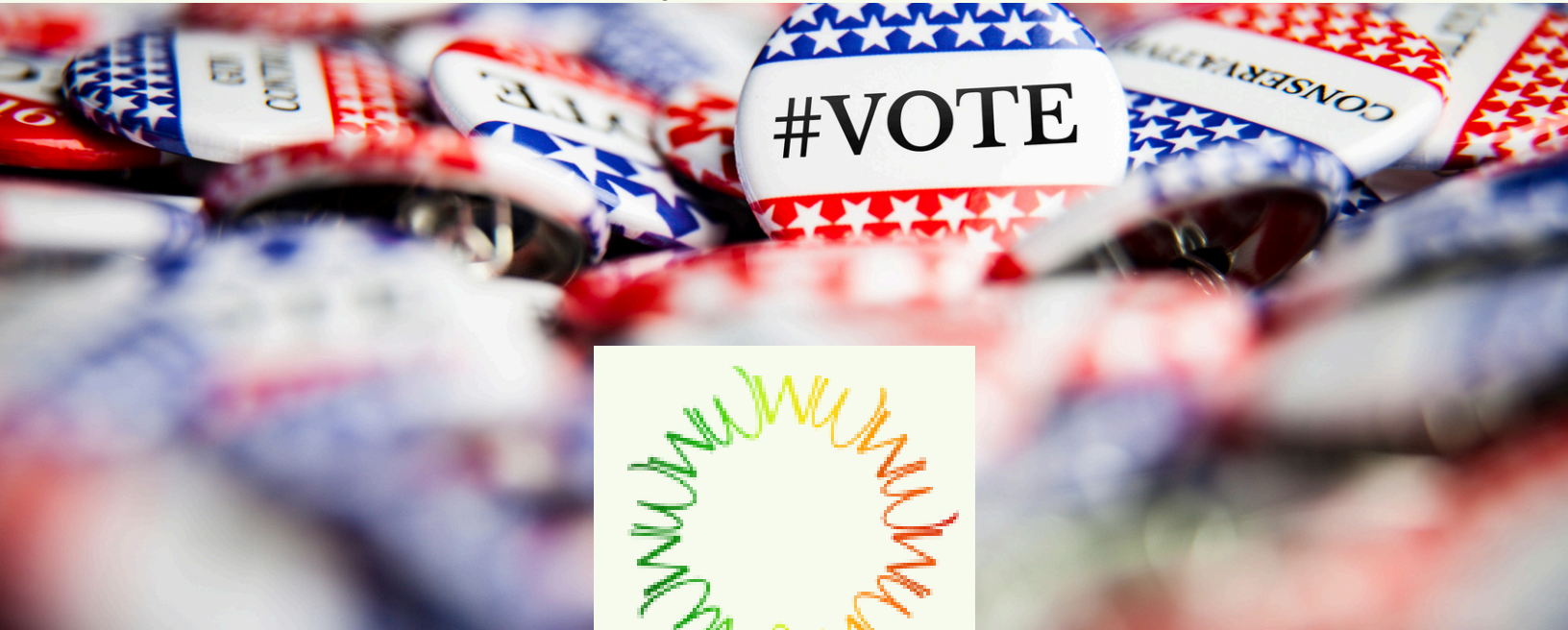


# Weekly Wisdom

*Grow the Green for You and Your Team*



*"You have to accept whatever comes and the only important thing is that you meet it with courage and with the best that you have to give."*  
-- Eleanor Roosevelt

## Coping with Election Anxiety

We know that talking about politics and religion is generally taboo at work, and probably for good reason. That said, we know that pre-election anxiety is on the rise and could reduce team well-being.

There are a lot of resources out there for coping in this time. Here are a few good strategies. And consider reaching out to your organization's EAP for help.

**Stay in the moment.** Notice the smells, sounds, and sights around you.

**Breathe.** Deep, restorative breaths. This helps no matter what anxiety you face.

**Listen to your body.** Sleep when you're tired, eat when you're hungry.

**Turn off the news and take social media breaks.** You know all you need to know at this point. Doom scrolling doesn't serve you.

**Do something you love.** Get outdoors. Knit a hat. Adopt a cat. Do something nice for someone else.

**Acknowledge your feelings.** "I feel stressed." Be kind to yourself.

**Make your plan to vote.**