

## ARE YOU FEELING OVERWHELMED?

You are not alone. Here are statistics from the American Psychological Association and tips on how you can respond to these unique challenges.

**Nearly 8 in 10 say the coronavirus pandemic is a significant source of stress in their life.**



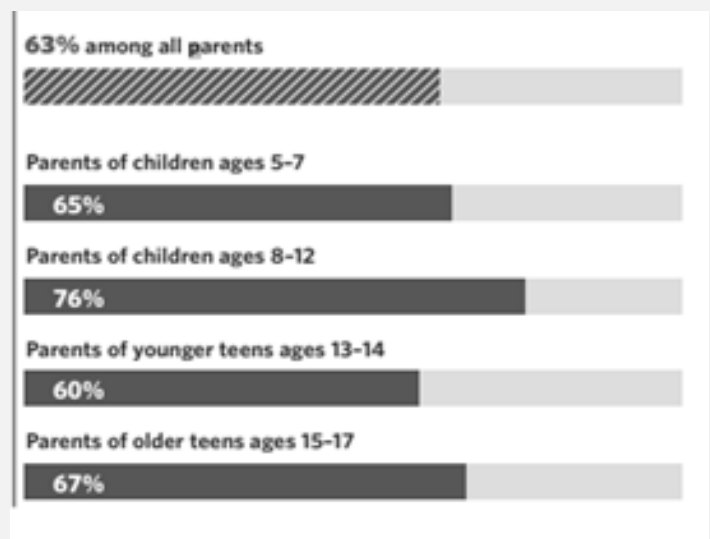
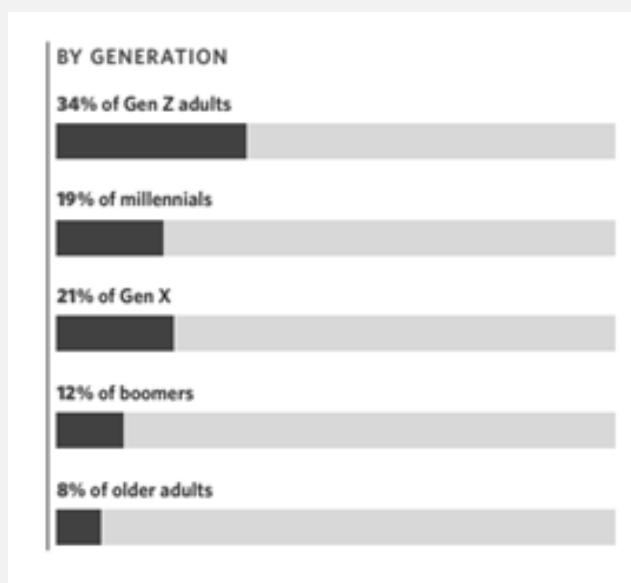
**In addition to stress associated with COVID-19, people are worried about the long-term well-being of the country.**

More than 3 in 4 adults stress about the future of the nation. More than 7 in 10 Americans feel this is the lowest point in the nation's history that they can remember.



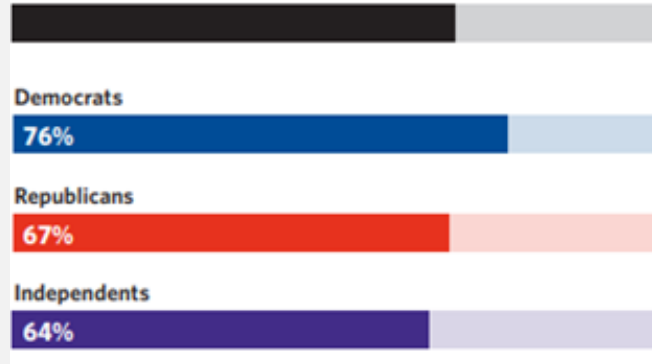
**Mental health is being impacted. Nearly 1 in 5 adults say their mental health is worse than this time last year.**

**Parents with school-aged children are stressed with distance learning and their child's future.**



## STRESS ABOUT THE UPCOMING ELECTION

**68%** of all adults say the 2020 U.S. presidential election is a significant source of stress



-American Psychological Association, 2020

### TIP: MANAGE TOUGH CONVERSATIONS WITH CARE AND PICK YOUR BATTLES

Discussing politics in the workplace is usually not appropriate however, political conversations in our personal lives can be “hot” topics of discussion. Before engaging in a political conversation, consider these questions:

- Is this conversation going to affect my emotional and mental health negatively?
- How can I use listening skills to understand more when speaking with someone with a different point-of-view?
- What is my motivation for having the conversation? What do I want to get out of it?

Reminder: Trying to change someone else’s mind is generally not a good motive for a friendly conversation. Unless you genuinely want to understand another person’s perspective, consider if your discussion will be productive.

### TIP: LET GO

Many times, stress and anxiety manifest when we focus on things that are out of our control. Let go of what is out of your control. Concentrate on what you can do for yourself to make you feel more supported and grounded.





## TIP: BUILD YOUR RESILIENCY

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- Exercise
- Meditate
- Take 10 deep breaths
- Leave your workstation and go for a walk
- Use aromatherapy
- Plan your weekends well and have things to look forward to
- Spend time in nature
- Socialize and vent to friends and family (virtually)
- Use solution-focused coping skills
- Clarify goals (SMART Goals)
- Examine past successes
- Identify strengths and accomplishments
- Acknowledge people who have helped contribute to a solution

## HOW CAN EAP SUPPORT YOU?

National EAP's masters level counselors offer immediate, empathetic support to assist you through these challenging times. When life feels overwhelming, speaking to a professional who is objective and outside of your circle can be exactly the remedy needed to gain perspective and identify a healthy path forward. Our counselors offer support and guidance for a multitude of life and workplace issues including:

- 2020 election
- Social unrest
- Economic uncertainty
- Health challenges
- Family and community strain
- And so much more...

Simply call 800-624-2593 to chat immediately with our counselors who are accessible around the clock, 24/7/365.

### **WHATEVER YOU NEED, WE ARE HERE TO HELP**

Call or log on to get started.

TOLL-FREE: 1-800-624-2593

WEBSITE: [www.nationaleap.com](http://www.nationaleap.com)

USERNAME: Your Company Name

PASSWORD: Your Company Name