



Respectful Workplace Behavior During an Election

Emotions may be running high in the weeks surrounding an election. People may have strong feelings on both sides about the campaigns, the candidates, and the results. You and your co-workers may be:

- Talking more about the election or what might happen
- Checking the Internet and social media sites for updates more frequently
- Avoiding people who have opposing viewpoints or feeling tense around them
- Feeling anxious about the impact the election may have on your personal life or future plans

It is important to behave appropriately when discussing the election and other current events at work. These guidelines may be helpful:

- **Be sensitive.** Some people may be experiencing strong emotions. Avoid hurtful remarks or “pouring salt in the wound.” Stick to neutral topics of conversation.
- **Stay focused on work.** If you are having difficulty concentrating, engage in a quick mindful meditation exercise.
- **Maintain appropriate workplace conduct.** If it is difficult to rein in your emotions, either change the subject or politely



withdraw from the conversation. Treat all co-workers with respect, regardless of your differences.

- **If customers share thoughts about the election, remain neutral.** Keep your personal opinions out of the conversation and stay focused on the task at hand.
- **Recharge.** If you are feeling tired or stressed, use your scheduled breaks to regroup. Take a walk, read something you enjoy, or watch a fun video. Practice good self-care by eating healthy, exercising, and sleeping between seven and nine hours per night.

If you are feeling stressed or anxious about election season, LifeMatters can help. Call 24/7/365.

1-800-634-6433

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