



Self-Care During Election Season

If you find election season stressful, it is important to make time to rest and regroup. Incorporating self-care into your daily routine will help you maintain your physical and emotional wellbeing. Additional benefits include:

- Increased stress management
- A stronger immune system
- Higher energy levels

Try these tips for prioritizing self-care:

- **Define self-care.** Only you can determine what self-care means to you. Choose activities that decrease stress and build resilience.
- **Schedule self-care.** Put at least one self-care activity on your daily calendar or to-do list. Scheduling this activity for the afternoon or evening will give you something to look forward to as the day progresses.
- **Vary activities.** Periodically shaking up your self-care routine will keep you from falling into a rut. Be open to trying new things and adjusting your self-care plans to fit your mood.
- **Manage your time and energy.** Over-scheduling is one of the main reasons why people neglect self-care. Create a



manageable to-do list that leaves time for last minute tasks or emergencies. Concentrate on “must do” tasks first so that you can focus on long-term projects in the afternoon. Set a defined end time to your workday, even when working from home.

- **Monitor your needs.** Some days may require more self-care than others. A stressful event or disagreement with a loved one may require more extensive recharging. Listen to your body and mind.
- **Say “no.”** Knowing when to set limits is an important part of self-care. There is nothing wrong with skipping a social gathering for a quiet night at home. Do what is right for you.

If you are struggling to find time for self-care, LifeMatters can help. Call toll-free 24/7/365.

1-800-367-7474

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.

