WASHINGTON STATE

Help Starts Here.

Washington State Employee Assistance Program

POST-ELECTION SUPPORT AND RESOURCES

The 2020 election cycle has heightened our collective experience of stress, worry and anxiety at a time when the pandemic, civil unrest, financial instability and natural disasters have already stretched coping skills to the limit. In particular, state and public employees face the additional pressure of keeping essential government functions operating in order to support the needs of Washington state communities. To support employees in these efforts, the Washington State EAP offers the below resources. Their inclusion is not intended to reflect a particular importance over other resources, nor is the intent to endorse any views expressed or products or services offered.

EAP Resources

Post-Election Support Sessions

On Wednesday, Thursday, Friday and Monday following the election, the EAP is offering *A Way Forward: Post Election Support from the EAP* – live sessions intended to provide support to stressed and distressed employees. For a complete list of dates and times, please visit our webinar page.
Also, the November Frontline Employee newsletter contains the article: Coping with Stress and Anxiety about the Upcoming Election (PDF).

Other Webinars and Publications

- Webinar – Navigating Change in Challenging Times
- Webinar – Self-Care with the Washington State EAP
- Webinar – How to Build Resilience When Your Job Involves Helping Others in Crisis
- Newsletters – Frontline Employee and Frontline Supervisors newsletters

Statewide and County Resources

While the below resources are not specifically for post-election support, they are available to help people who are in distress and/or experiencing a crisis.

- Washington Recovery Helpline (for mental health, substance use or gambling challenges)
- County Crisis Lines (available for all people in Washington, regardless of income or insurance)

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POST-ELECTION SUPPORT AND RESOURCES (Continued)

Resources on the Web

For All Employees

- Eight Questions That Can Help You Survive Election Stress (Greater Good Science Center)
- Election Stress Getting To You? 4 Ways to Keep Calm (NPR)
- 2020 Presidential Election a Source of Significant Stress for More Americans (APA)

For Supervisors, Managers and Human Resources

- Don't Let Elections Passions Roil Your Workplace (Harvard Business Review)
- Stress and the 2020 Election: Here's How To Support Your Team (Harvard Business Review)

Special Considerations

Substance Use

Stress can result in unhealthy ways of coping, including alcohol and substance use. Below are some resources to get support.

- Alcohol and Substance Use (CDC)
- Rethinking Drinking (National Institutes of Health)

Mental Health

The below resources provide support when you or someone you care for is in crisis.

- National Suicide Prevention Lifeline – **call (800) 273-8255**
- Crisis Text Line – to Connect with a Crisis Counselor, **text "Heal" to 741741**

Some Suggestions for the Days Ahead

- Acknowledge your thoughts and feelings
- Identify what is not in your control
- Attend to the things in your control
- Set boundaries around social media and news consumption
- Minimize toxic interactions
- Seek out and use supportive resources
- Eat healthy foods
- Be physically active
- Get sleep