



Help Starts Here.

Washington State Employee Assistance Program

Finding Balance After the Election: Post-Election Wellness and Support

The period following an election often stirs emotions, from hope to disappointment and even uncertainty. It can be a time to process these feelings, foster healing, and engage in meaningful, respectful conversations. At the [EAP](#), we're here to provide tools and resources that support your well-being and promote unity within our community.

Tips for Emotional Well-being Post-Election

- **Acknowledge and Validate Your Feelings**
It's normal to experience a range of emotions. To help release and understand these emotions, take time to process them, perhaps through journaling or a conversation with someone you trust.
- **Mindfulness and Self-Care Practices**
Deep breathing, meditation, or gentle physical activities like walking can reduce post-election stress. Apps like *Headspace* or *Insight Timer* offer guided practices to help you find calm and perspective.
- **Limit Media Consumption**
To prevent post-election burnout, set boundaries around news and social media. Schedule specific times to check the news and allow yourself breaks to stay grounded.

Supportive Resources for Building Resilience and Civil Discourse

- **Living Room Conversations** – Provides resources for respectful, balanced discussions across political differences, with conversation guides and agreements for fostering understanding. [Living Room Conversations](#)
- **SHRM Civility Toolkit** – A guide to fostering civil workplace conversations, emphasizing empathy, respectful boundaries, and navigating sensitive topics. [SHRM Civility Toolkit](#)
- **National Coalition for Dialogue & Deliberation** – Shares resources for effective listening, empathy, and connecting across divides to bridge understanding. [NCDD Resources](#)
- **Facing History and Ourselves: Guide to Civil Conversations** – Provides structured conversation strategies, focusing on trust-building and open-mindedness. [Facing History Guide](#)

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- **Essential Partners' Guide to Dialogue Across Divides** – Offers strategies for respectful dialogue in polarized environments and prompts for deeper understanding. [Essential Partners](#)

Practical Post-Election Self-Care Checklist

1. **Reflect on Values and Gratitude** – Write down your values and any positive changes you can focus on in the days ahead.
2. **Engage in Calming Activities** – Activities like listening to music, walking in nature, or practicing yoga can provide comfort.
3. **Reconnect with Friends and Family** – Have supportive, non-political conversations to foster positive connections.
4. **Explore Creative Outlets** – Art, music, writing, or other creative pursuits can effectively process emotions.
5. **Plan a Digital Detox—Recharging** your mental energy by taking a break from digital devices and media can be beneficial.

Additional Resources for the Workplace

- **Guide to Political Discussions at Work** – *MIT Sloan Management Review* provides guidance for handling workplace conversations around politics, focusing on mutual respect and creating a diverse, inclusive environment. [MIT Sloan Guide](#)
- **Brave Spaces in the Workplace** – *Essential Partners* offers a guide for creating brave spaces, encouraging openness and understanding in post-election conversations. [Essential Partners](#)

Parenting, Family, and Personal Relationship Resources

- **Parenting Through Political Stress** – *Child Mind Institute* offers tips for discussing elections with children in an age-appropriate way that emphasizes respectful disagreement. [Child Mind Institute](#)
- **Navigating Family Gatherings with Civility** – *Greater Good Science Center* provides strategies for maintaining positive interactions at family gatherings with differing views. [Bridging Differences Playbook](#)
- **Talking to Kids About Election Outcomes** – *PBS Parents* offers resources for explaining election outcomes to children to foster resilience and civic understanding. [PBS Parents](#)
- **Braver Angels for Families** – Braver Angels provides conversation guides and support for families with differing views, focusing on empathy and affirming shared values. [Braver Angels Family Guide](#)

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Mindfulness Practices for Managing Anxiety and Stress

1. **Box Breathing** – Inhale for four counts, hold for four, exhale for four, and hold again for four. This calms the nervous system and reduces stress. [Box Breathing Guide](#)
2. **Body Scan Meditation**: Focus on each part of your body, starting at the toes and working up, to release tension and bring awareness to the present. This meditation is available on-demand at the EAP website. [EAP Webinars](#)
3. **Grounding Technique** – The “5-4-3-2-1” method involves identifying five things you see, four you can touch, three you can hear, two you can smell, and one you can taste to reconnect with the present. [Psychology Today on Grounding](#)
4. **Loving-Kindness Meditation** – Repeat phrases like “May I be safe, may I be healthy” to cultivate compassion for yourself and others. Guided meditations are available through *Greater Good*. [Greater Good’s Loving-Kindness Practice](#)
5. **Visualization for Calm** – Imagine a peaceful place, focusing on sounds, colors, and scents to reduce stress. Guided visualizations are available on *Headspace* and *Insight Timer*. [Headspace Visualization Exercises](#)

Call to Action

As we move forward post-election, prioritizing self-care and constructive dialogue can help foster unity. We encourage you to try one of the resources above to support your well-being and to connect thoughtfully with those around you. And, don’t hesitate to reach out to the EAP for support, [online](#) or via phone at 1-877-313-4455 – **we’re here for you.**