

HELPFUL TIPS FOR ELECTION 2020



BE CAREFUL OF HOW YOU INTERACT ON SOCIAL MEDIA

Getting into heated debates on social media feeds can lead to high stress and even damage relationships. Be thoughtful about whether or not it's worth engaging with someone's post or comment. Distancing yourself from social media during stressful times can be a helpful way to reduce anxiety and keep your mind clear.

WATCH & READ NEWS WITH INTENTION

Limit your viewing of news media to a short time frame. Find the news you need to know, consume it, and move on with your day. Try not to get caught in continuous digestion of "worst-case scenarios" that add to your stress and anxiety.

BE PROACTIVE

Be proactive by doing a physical activity or practice meditation and mindfulness; both can be antidotes for reducing stress and anxiety. Self-care is vital during high-stress times. Healthy self-care can renew your spirits and help you become more resilient.

PRIORITIZE YOUR RELATIONSHIPS WITH POSITIVE FAMILY AND FRIENDS

Strong positive social connections can reduce stress and help you feel happier and more energetic. Try to avoid talking about the election if your political views differ from family and friends you care about, regardless of the election outcome.

SAY NO TO ELECTION CONVERSATIONS AT WORK

This is easy to do in a telework setting since most of our conversations and meetings are task-oriented. However, if politics comes up, treat colleagues with kindness and respect, and be aware that political discussions can hamper teamwork and productivity.

BE EMPATHETIC

The days after the election can be very emotional. People feel passionate about these issues. Regardless of the result, we must try to empathize and be respectful of other's emotions and opinions.

WANT TO TALK ABOUT IT? WE ARE HERE FOR YOU

It's normal to feel sad, stressed, confused, scared, or angry. Talking to people you trust can help. As we go through these uncertain times, we want to ensure that you get the support you need. The following sessions are exclusive to DFA employees and are intended to help deal with stressors due to current events.

HR HAS COORDINATED THESE SESSIONS TO BE HOSTED BY WELL-BEING SOLUTIONS

VIRTUAL OR TELEPHONIC INDIVIDUAL SESSIONS

Friday, November 6th from 9AM-12PM
Monday, November 9th from 5PM-8PM
Allen Koch: (469) 319.2125

VIRTUAL GROUP SESSIONS

Wednesday, November 4th @ 10AM
Thursday, November 5th @ 11AM
email may.olguin@state.nm.us
to reserve your spot

24/7 SUPPORT, RESOURCES & INFO

833.515.0771
ID: SONMEAP

NEED ADDITIONAL ASSISTANCE? CONTACT YOUR HR TEAM

Diane Swan: diane.swan@state.nm.us
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