



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

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- Staying Calm and Carrying on During a Presidential Election
- Book Review | The Complete Book of U.S. Presidents

### Staying Calm and Carrying on During a Presidential Election

In the period leading up to the presidential election, constant media coverage, discussions at home and work, and concerns about the election's outcome can negatively impact your well-being. Even if you have already decided how to cast your vote, research has found that the time around [an election increases stress levels nationwide](#). In extreme cases, this can lead to symptoms called "election stress disorder."

#### Election Stress is Understandable

- Do you feel overwhelmed by the constant media coverage surrounding the presidential election?
- Are you worried about how the election's outcome will impact your personal and professional life?
- Do you find it challenging to maintain mental well-being during the heightened tensions of the election season?

Here are some strategies to help you stay calm and carry on during a presidential election.

## Limit Your News Consumption

While staying informed is important, excessive news consumption can increase anxiety. Set specific times to check the news and avoid constant monitoring. Consider subscribing to a daily summary rather than following minute-by-minute updates.

## Curate Your Social Media Feed

Social media can be a significant source of stress during elections. Curate your feed by following accounts that provide balanced information and unfollowing or muting those that incite anxiety. Engage in positive and respectful discussions and avoid arguments that can escalate emotions.

## Practice Mindfulness and Meditation

Mindfulness and meditation are effective ways to manage stress and maintain mental clarity. Set aside a few minutes each day for mindfulness practices, such as deep breathing exercises, guided meditations, or simply sitting in silence.

## Stay Physically Active

Physical activity is a powerful stress reliever. Regular exercise, whether a brisk walk, yoga, or a workout session, can help reduce anxiety and improve your mood. Find an activity you enjoy and make it a part of your daily routine.

## Focus on What You Can Control

Elections can make us feel powerless. Instead of dwelling on uncertainties, focus on what you can control. Participate in the democratic process by voting and encouraging others to do the same. Engage in local community activities or volunteer for causes you care about.

## Take Breaks

It is important to take breaks from election-related content. Engage in activities you enjoy and take your mind off the election. Read a book, watch a movie, spend time in nature, or pursue a hobby.

## Seek Professional Help if Needed

Do not hesitate to seek professional help if the stress becomes too overwhelming. Therapists and counselors can provide strategies to manage anxiety and offer support during challenging times.

## Be Kind to Yourself

Acknowledge that it is normal to feel stressed during an election—practice self-compassion by allowing yourself to step back and take care of your mental health.

## Stay Informed, Not Obsessed

Stay informed about the election, but do not let it dominate your life. Balance is key. Keep it in perspective and remember that your well-being is more important than the constant influx of election news.

Implementing these strategies allows you to navigate the election season with a calmer mindset and maintain your mental wellness. Remember, caring for yourself is essential for staying grounded and resilient, no matter the outcome.

## Wellness Works® Book Review | The Complete Book of U.S. Presidents

The United States has seen extraordinary men take office from George Washington to the present day. [The Complete Book of U.S. Presidents](#), authored by journalist and historian Bill Yenne, offers a comprehensive look into the lives of these 46 leaders. This fourth edition presents detailed biographical essays highlighting each president's significant role in shaping the United States.

### Highlights

#### Key Concepts

Bill Yenne provides readers with a rich tapestry of presidential history, featuring short, engaging biographies filled with unusual details and insightful commentary. The book includes official White House portraits of the presidents and offers sidebars on every vice president and first lady. These elements make the book accessible to a broad audience and particularly captivating for history enthusiasts.

#### Practical Applications

The book can be used as a detailed reference or as a leisurely read for those interested in American history. Each biographical essay can be read individually, allowing readers to explore the lives and impacts of lesser-known presidents. The collection reflects on America's presidential legacy, offering valuable insights into the nation's political evolution.

#### Impact

"The Complete Book of U.S. Presidents" is an expansive collection that narrates the story of the United States through the biographies of its presidents. Bill Yenne's work brings to life these leaders' personal and political journeys, making it a valuable resource for anyone looking to understand the complexities of American presidential history.

## The Final Word

Bill Yenne, renowned for his vivid and cinematic writing style, equips readers with a comprehensive understanding of U.S. presidential history. His expertise in historical topics and engaging storytelling make this book a must-read for history lovers. Whether read in order or dipped into at random, this collection offers a unique opportunity to learn about all U.S. presidents up to Joe Biden, making it a timeless addition to any history lover's library.

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