

Practical ways to reduce anxiety about world events and stay emotionally healthy

In the United States and around the world, many people are feeling stressed by political tensions and global uncertainties. The constant news about conflicts between countries, disagreements among groups and changes in governments can be overwhelming. People may feel worried about what lies ahead.

To worry less, you can acknowledge your feelings and take deliberate actions to build resilience and manage your mental health.

- ✓ **Stay informed and know your limits:** Consider how much news you read and how that information affects you. If you are preoccupied with national events interfering with your daily life, this may be a sign to reduce your news intake and limit social media discussions. Control how and when you receive information by changing the notification settings on your news and social media apps and setting specific times to check the news.
- ✓ **Set boundaries:** If political conversations become stressful, establish boundaries to help maintain your relationships, protect your mental health and preserve your inner peace. Identify what makes you uncomfortable and be clear about why you are setting limits, i.e., "I feel anxious when this topic comes up and do not want to discuss it," stay calm if others become emotional and know when to walk away if the conversation becomes too heated.
- ✓ **Focus on what you can control:** Channel your energy into activities that are good for your wellbeing. These could include outings with friends, exercise, hobbies, volunteering or spending time in nature. These activities can provide a sense of purpose and control.
- ✓ **Learn and practice stress relieving techniques:** Treat yourself with kindness by acknowledging your emotions and finding ways to calm your mind such as deep breathing, guided meditations and exercise. Moving your body boosts endorphins, balances your nervous system and improves your mood.

If you find that anxiety feels overwhelming and is interfering with your daily routine for an extended period, consider seeking support from a mental health professional.



Help is available. Scan the QR code to visit your Employee Assistance Program member website, Member.MagellanHealthcare.com, or call 1-800-327-4581 (TTY 711).