The upcoming presidential election may be a source of anxiety and disagreement for many people across the country. Additional hurdles presented by the COVID-19 pandemic, and tension from recent social unrest, present unique challenges not faced in years prior. The articles and resources below are intended to help readers manage distress and conflict related to the election and to help voters navigate the polls safely amidst the pandemic.

Managing Election Stress

- **Managing Political Anxiety**
Managing Disagreement

- The Virtual Hub—"5 Ways to Effectively Handle Conflict in Virtual Teams": [https://www.thevirtualhub.com/blog/5-ways-to-effectively-handle-conflict-in-virtual-teams](https://www.thevirtualhub.com/blog/5-ways-to-effectively-handle-conflict-in-virtual-teams)
- *The Conversation*—"How to have productive disagreements about politics and religion": [https://theconversation.com/how-to-have-productive-disagreements-about-politics-and-religion-109495](https://theconversation.com/how-to-have-productive-disagreements-about-politics-and-religion-109495)

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Voting Resources

- The Vote.org website collects all helpful resources voters might need state-by-state, including information about election centers, requesting absentee ballots, current voting procedures, and links to the State's COVID-19 health information. Just select your state from the drop-down to view the links relevant to your location: https://www.vote.org/covid-19.
- Vote411 has helpful information that you can look up by state or by entering your address: https://www.vote411.org.
- USA.gov has handy info at https://www.usa.gov/election-day, including info on finding your polling place (https://www.usa.gov/election-day#item-37327), early voting (https://www.usa.gov/absentee-voting#item-212898), and requesting an absentee ballot (https://www.usa.gov/absentee-voting#item-37337).
- Voto Latino's "Voting Safely During the COVID-19 Pandemic": https://votolatino.org/article/voting-during-covid
- Early Voting Schedules for each state are listed here: https://www.ncsl.org/research/elections-and-campaigns/early-voting-in-state-elections.aspx#Early%20Voting%20Law%20Table

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