

# Elections 2020 from Washington State EAP Work-Life

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](#)
- *Good Housekeeping*—"5 Ways to Keep Your Cool When Election Season Gets Heated": <https://www.goodhousekeeping.com/life/a32801724/election-stress-anxiety-relief>
- *Healthline*—"How to Handle the Stress Between Now and Election Day": <https://www.healthline.com/health-news/how-to-handle-the-stress-between-now-and-election-day>
- *NBC News*—"Election stress disorder': How to cope with the anxiety as political tensions intensify": <https://www.nbcnews.com/better/lifestyle/election-stress-disorder-how-cope-anxiety-political-tensions-intensify-ncna1146951>
- *Refinery 29*—"Election Stress Disorder Is A Thing — Here's How to Cope": <https://www.refinery29.com/en-us/2020/09/10027052/what-is-election-stress-disorder-relief>
- *The New York Times*—"Election Stress Disorder,' the Sequel": <https://www.nytimes.com/2020/09/24/us/politics/election-stress-disorder.html>



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## Managing Disagreement

- American Psychological Association (APA)—"Managing conversations when you disagree politically": <https://www.apa.org/topics/stress-conversations>
- Employment Law Handbook—"How to Manage Political Conflicts in the Workplace": <https://www.employmentlawhandbook.com/human-resources/how-to-manage-political-conflicts-in-the-workplace>
- *Harvard Business Review*—"How to Manage Conflict in Virtual Teams": <https://hbr.org/2012/11/how-to-manage-conflict-in-virt>
- 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>
- *Forbes*—"This Is How to Keep Political Differences from Ruining Relationships": <https://www.forbes.com/sites/jeannecroteau/2018/07/30/how-to-keep-political-differences-from-ruining-relationships/#307406c61df5>
- *The Atlantic*—"The Art of Navigating a Family Political Discussion, Peacefully": <https://www.theatlantic.com/family/archive/2019/03/can-families-communicate-across-the-political-divide/585379>
- *The Conversation*—"How to have productive disagreements about politics and religion": <https://theconversation.com/how-to-have-productive-disagreements-about-politics-and-religion-109495>
- *Workforce*—"Leading in the Age of Trump and #BlackLivesMatter": <https://www.workforce.com/news/leading-age-trump-blacklivesmatter>
- *Health Day News*—"Health Tip: Managing Political Disagreements": <https://www.medicinenet.com/script/main/art.asp?articlekey=225398>



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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>).
- *CNN*—"Voting safely: How to protect yourself from Covid-19 while casting your ballot": <https://edition.cnn.com/2020/09/01/health/voting-safety-covid-19-2020-election-wellness-trnd/index.html>
- *Consumer Reports*—"Your Guide to Voting During the Pandemic": <https://www.consumerreports.org/voting/guide-to-voting-during-the-pandemic>
- 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>
- The U.S. Centers for Disease Control and Prevention (CDC) lists interim guidance to prevent spread of coronavirus disease 2019 during election time: <https://www.cdc.gov/coronavirus/2019-ncov/community/election-polling-locations.html>



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