



Finding Peace During Stressful Current Events

Election season can be stressful. Add that to world conflicts, rising prices and other day-to-day concerns. The list of things to worry about can feel much too long.

If you're feeling anxious, angry, sad or depressed, you're not alone. But you can take action to help yourself. You may not be able to control the larger issues going on around you, but you can control you.

- **Remember you can only control some things.** Lots of what's happening isn't within anyone's control. But you can control your own actions and thoughts. Focus on what you can influence or manage — and not on things that are beyond your control.
- **Lean on your resilience.** Think about other difficult times you lived through and other challenges you've met head-on.
- **You can reach out for help.** You can call us 24/7 for more ways to cope and for in-the-moment support.

Resources and services that can help



[Inner strength during challenging times](#)



[Try this breathing exercise to reduce stress. Repeat as needed.](#)



[Find your inner peace](#)



[Find helpful resources and approaches to manage stress](#)