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But the presidential
election has many
Americans feeling
anxious, and therapists
said now is the time to
make mental health a
priority."I have a little
slogan, where I say,
'Get the stress out by
...

**Making mental
health a priority
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Know the facts to help reduce stress. Knowing the facts about COVID-19 and stopping the spread of rumors can help reduce stress and stigma.
Understanding the risk

to yourself and people you care about can help you connect with others and make an outbreak less stressful.

Mental Health and Coping During COVID-19 | CDC

"What we have now is another stressor, on top of what's been you know nearly over a year of stress, and then we've had the pandemic on top of it," Dr. MacAulay said.
Matt Larson is a mental health researcher with the Human Improvement Project , a nonprofit research institution that focuses on 'what makes the biggest difference to long-term well-being,' according to Larson one of those is ...

Coping with post-election stress and anxiety ...

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**Surviving Mental Illness:
 Stresscoping, And Adaptation ...**

These are Professor Cooper's top 10 stress-busting suggestions: Be active. Exercise won't make your stress disappear, but it will reduce some of the emotional intensity that you're feeling, clearing your thoughts and letting you deal with your problems more calmly. For more advice, read how being active helps mental wellbeing.

10 stress busters - NHS

Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that

reduces stress by
clearing your mind,

slowing your breathing
and restoring inner
calm.