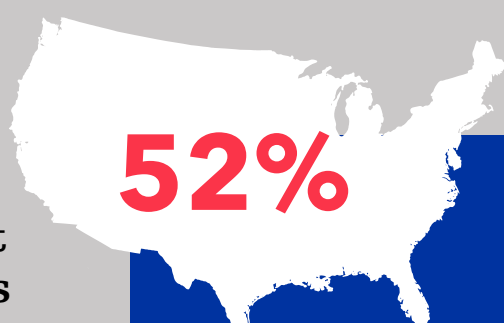




MANAGE YOUR STRESS THIS ELECTION SEASON

Percentage of Americans experiencing somewhat or very significant source of stress



BY PARTY:



59%
of Republicans



55%
of Democrats

BY AGE GROUP:

56%
of Millennials

45%
of Gen-Xers

50%
of Boomers



**4 IN 10
ADULTS
SAY SOCIAL MEDIA
CAUSES STRESS**

Is the election a significant source of stress?

54% of social media users say YES, while only 45% who DO NOT use social media say YES.

**WE
WANT
YOU...**



TO TRY THESE TIPS FOR REDUCING YOUR STRESS

- Limit your time on social media.
- Go for a walk or exercise instead of watching TV.
- Avoid politically charged conversations at work or with family.