

# LifeSolutions EAP

## Virtual Support Offerings



### Pre-Election Stress Webinar

This voluntary support session will bring conversation and support around the upcoming election.

Do divisive political rhetoric, heated social media debates, and the 24-hour news cycle have you feeling on edge? You are not alone. Election Stress Disorder is a very real problem that affects many Americans. During this training, we will offer strategies for recognizing and responding to election-related stress.

[October 27, 2020 12:00pm – 1:00pm](#)

[October 28, 2020 12:00pm – 1:00pm](#)

### Post-Election Virtual Support

In the aftermath of the upcoming election, we expect that some of you will have uncomfortable and difficult reactions. As such, we have partnered with LifeSolutions to offer you some support.

LifeSolutions will facilitate three (3) virtual group sessions which will provide an opportunity to share your story with your colleagues (or just listen) and are intended to direct you toward support and self-care.

These sessions are voluntary, though we do encourage you to utilize this resource if you find the post-election season to be a difficult time for you.



[November 6, 2020 11:30am – 12:30pm](#)

[November 11, 2020 1:00pm – 2:00pm](#)

[November 17, 2020 12:00pm – 1:00pm](#)