



You Are Okay: 3 Easy Ways to Calm Post Election Anxiety

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Change is scary, I know. In my work, I help people who are anxious and fearful to feel empowered and hopeful. Often, this shift needs to happen because someone is experiencing illness, but lately, I have been hearing from a lot of clients who are scared and upset because of the election results. If this sounds like you, please know that you have a lot of buddies out there feeling the exact same way. I am here to tell you how to make it better. Hooray!

Here we go . . .

1. Calm Your Nervous System

Don't lose your power. Don't hate the world and your fellow voters and everyone now who has you feeling this way. Do not victimize yourself by allowing your whole life to be overturned by something external. I say this as a person whose personal life may be directly affected by this election result, too, so I understand the fear and anger you may feel. But, you will not feel better if you ruin your own life or inner peace by pointing to someone else who seems to be ruining it. It just will not work.

When our nervous systems become triggered by fear, we can have a whole list of symptoms including feeling anxious, inability to sleep, racing heart and more. Instead of staying stuck in that triggered state, try

these exercises from my book, *How to Heal Yourself When No One Else Can*.

Calming Hug—Crossing your arms, which mimics holding or hugging yourself, is extremely calming and protecting. In fact, if you cup each hand so it is cradling the elbow of your opposite arm and gently rock, you will double your panic-releasing superpower. By rocking, you are triggering the calming response familiar to us all at a primal level, from the time we were first rocked as infants.

Triple Warmer Meridian Trace—The Triple Warmer meridian, an energy pathway in your body, is responsible for your fight, flight or freeze response. When this meridian becomes overcharged, your body is likely to feel full of adrenaline and panic. Luckily, there is a great way to tame this specific meridian. Place each of your hands against either side of your face, so your fingertips are resting on your temples and your palms resting on your cheeks. Now, slowly and deliberately trace them up and around your ears (staying in contact with your head), then pulling them down the sides of your neck until you reach your shoulders. Now, you will lift your hands off, cross your arms so each hand is resting on the opposite shoulder and continue to slide each hand down your arms so you are in a self-hug-like position, ending when you are holding your own hands. Repeat several more times.



2. Make a Decision

The world is being shaken up and we have a call to grow and transform with it. What feels better to do in the shake up? Does it feel better to turn to hate and fear and victimization? Or to find the place in yourself that can see the light? Only you can decide. But I suggest you make your choice quickly and then gravitate to others who have decided the same. This will help immensely.

Instead of finding the fear zones, try this:
Decide what feels best to you and find your people.

Talk to people who have positive and hopeful perspectives.

Talk to people who have positive and hopeful perspectives about what is currently going on. Look for the light. Find the good around you—the people who you align with, the things that help you feel safe and maybe, if you need to . . . turn off the news, which is always magnifying and highlighting the things we are afraid of without showing the good things we still have. “Unfollow” and disconnect yourself from continuous streams of fear-inducing news and posts on social media. There is so much that you can choose to tune into—or not. Making decisions based on what helps you feel good is something totally in your control.

Ah, doesn't that feel better already?

3. Jump on the Change Train and Use It

Big shifts come from great chaos, internal and external. Something transformative has always come from everything in my life that I labeled “bad.” That does not mean I would choose it, but it means I have used it. I will admit that I do not like this change that is happening. But, I am going to use the energy of change for my own good. I am going to jump on the “change train” and release more of my own fear, grief and whatever else has been hiding. Emotional upset is the perfect time for releasing our own stuff.


Instead of letting this situation control you, try tapping your thymus gland.

The thymus gland is the master gland of the body's immune system and is located in the upper part of the chest, behind the breastbone. It sits right over the heart. To find it, locate the “notch” in your neck where you would tie a tie. Now, slide your fingers down about an inch. You might feel a slightly raised area of your chest. That is where you will want to tap.

The thymus is so powerful, and so connected to the rest of the body, that almost any energetic block or imbalance within the body, no matter where it is located, can be cleared through balancing it.

Tap your thymus—Tapping the thymus gland using your fingertips acts as a stimulating, strengthening, releasing and balancing exercise. It is quick and of great benefit to your overall system. Simply tap while you breathe deeply and focus on whatever difficult emotions are coming up for you. This will help you release them from your body and balance your system.

Your thymus gland might be tender when you tap. Do not stop because of this. Tenderness is usually a sign there is some stagnant energy there, which means you really need this exercise. Over time, as it becomes more balanced, it will become less sore.

Now that you know these easy ways to calm your fears and empower yourself, not only will you feel better about things now, but you will be more open to seeing positive and empowering ways to participate in the next election, too. 



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