2016 Election Leads to “Significant Stress” Among U.S. Population

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Is the 2016 election season making you anxious? According to findings from a recent survey conducted by the American Psychological Association (APA), almost 52 percent of Americans say this year’s political race has served as a “large” or “significant” source of stress in their lives—and that social media is largely to blame, Michigan Live reports.

The figures come from an online survey of adult American Democrats and Republicans, age 18 years and older. According to the APA, millennials are the most stressed generational group, at 59 percent; baby boomers are second, at 50 percent; and Gen-Xers are slightly behind both, with 45 percent of these respondents feeling stressed out about this year’s election.

Interestingly, the report also showed that nearly 40 percent of respondents said their main source of stress came from seeing political and cultural conversations on social media. The findings also found that people who used social media sites, such as Facebook and Twitter, were 9 percent more likely to suffer from election season stress.

“Election stress becomes exacerbated by arguments, stories, images and video on social media that can heighten concern and frustration, particularly with thousands of comments that can range from factual to hostile or even inflammatory,” stated a recent APA release about the report.

To help deal with election anxiety, the APA study offered the following tips for maintaining your mental health: Limit your exposure to 24-hour news cycles of political claims and counterpoints, spend time outdoors, avoid political discussions and confrontations and, most important, vote.

Finally, remember that whatever happens after Election Day on November 8, life, politics and the government will continue to exist, said the APA.

To check out some more tips for coping with anxiety and stress, click here.

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