The Expert Says – Spring 2017

Plenty of folks are still in agony over the aftermath of the presidential campaign, but Sanam Hafeez, PsyD, a licensed clinical psychologist based in New York offers a couple of effective ways to cope with some of the most common signs of “postelection stress disorder.”

March 6, 2017 By Kate Ferguson

Your stomach is in knots.

Nonstop thinking about worst-case scenarios can lead to tummy tension, nausea and a lack of appetite.

Solution: Select one media outlet for your news; check it in the morning, and then focus on what you have to do that day.

You can’t focus.

When you fixate on a thought and are in a constant state of worry, it’s hard to concentrate on anything.

Solution: Exercise, meditate or pull out a coloring book and color away. You want to choose tasks that are repetitive, pleasurable and calming and don’t require a lot of focus.

You can’t sleep.

Tossing and turning at night is a true sign of anxiety and stress and can lead to a slew of illnesses.

Solution: Don’t watch the news before bed, and get into the habit of writing down things you appreciated that day so you can calm down and drift off on a positive note.

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