

Anxious about the election? Here's some perspective.

November 07, 2016

The Washington Post:

It's hard to recall another time as uncertain as this.

Americans are worried that they are vulnerable to terrorist attacks , that they won't have enough money to retire or pay medical bills , that jobs are becoming less secure and that the next generation will be worse off financially than their parents . And they are downright frightened by the election.

About the only thing partisans agree on is that a victory for the other side would be a catastrophe. There has been talk of insurrection, national collapse, even nuclear war. Unsurprisingly, a Washington Post tracking poll finds 61 percent of likely voters worry about Donald Trump becoming president, and 56 percent are anxious about the possibility of a President Hillary Clinton. The American Psychological Association reports that 52 percent of American adults are experiencing election-related stress. "I've been in private practice for 30 years, and I have never seen patients have such strong reactions to an election," clinical social worker Sue Elias told the New York Times.

Read the whole story: [The Washington Post](#)