

“In the middle of difficulty, lies opportunity” -Albert Einstein

Stress and politics are intricately linked, shaping not only individual experiences but also broader societal dynamics. In an era marked by rapid change, political upheaval, and social challenges, the effects of stress can be seen across various levels of governance and public policy.

Political leaders often face immense pressure to respond effectively to crises, while citizens grapple with the anxieties that arise from political uncertainty and conflict. Understanding how stress influences decision-making, public perception, and political engagement is crucial for fostering a healthier political environment. By examining the interplay between stress and politics, we can better appreciate the emotional dimensions of political life and work towards creating strategies that mitigate stress and promote resilience in both leaders and the public.

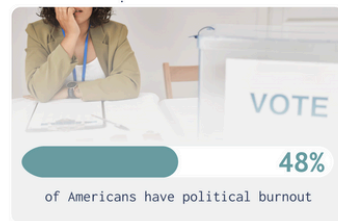
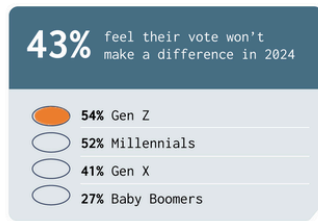
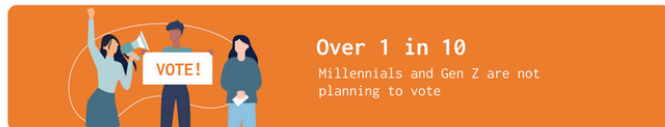
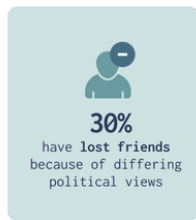
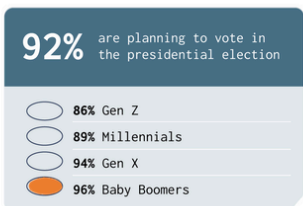
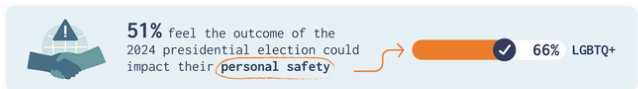
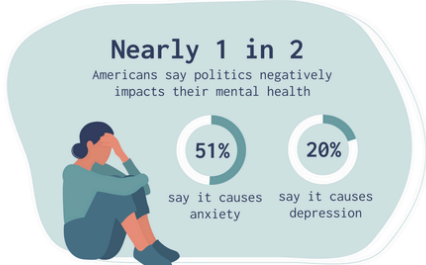
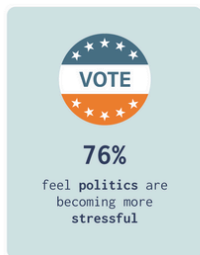
We have lots of work to do politically. It can be exciting and stressful. Take care of yourselves as you take the message to a community that needs to hear.

*Health and Wellness Committee x*

If you have contributions to the newsletter or would like to get involved with the Health and Wellness committee...

Let Us Know!

## Election Stress



## Tips for Managing Politically induced Stress



- Be Aware of how much time you spend engaging with political content
- Know when to walk away from political discussions
- Be open to learning about other points of view
- Take care of your mind and body



Focus on what you can control and VOTE! Voting is one of the main tools that people have to communicate how they wish to be governed. It is more than just marking a check box, it is a way to express your needs, preferences, satisfaction, and dissatisfaction as an electorate

1. "Frustrated? Here are Three Reasons to Cote this Election Season" <https://www.naacpldf.org/three-reasons-to-vote/>  
 2. "5 ways to manage politically induced stress" <https://www.michiganmedicine.org/health-lab/5-ways-manage-politically-induced-stress>  
 3. "Politics and Mental Health..." <https://elliementalhealth.com/politics-and-mental-health-4-tips-for-coping-during-uneasy-times/>



## Recipe Spotlight

### Mood-Boosting Blueberry Skillet Cake

Studies have found that blueberries may increase levels of serotonin, which is associated with feelings of happiness and well-being.

- 1/2 cup butter
- 1 cup honey or maple syrup
- 1 cup whole wheat flour
- 1 cup of milk
- 1 pint of blueberries

Preheat oven to 375, spray a skillet with cooking spray or grease it with butter and set aside.

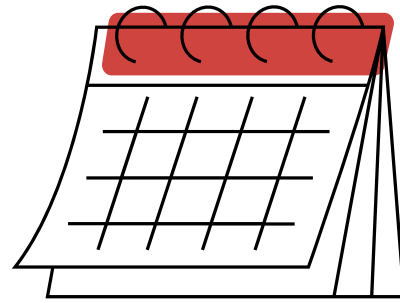
In a bowl melt the butter (30 seconds in the microwave) then pour in the flour, sugar and milk and whisk to combine, until no big clumps remain. Pour into the prepared skillet

Sprinkle the blueberries evenly around the top of the batter.

Bake for 40-45 minutes, or until edges start to turn slightly brown. Remove from oven and allow to cool for 10 minutes.

Serve warm or cold

See more about this recipe on [sweetphi.com](http://sweetphi.com)



## Event News

### Health Care and Sickle Cell legislative constituent meeting

- Date: 08/05/2024 and 08/08/2024
- Time: 10am-12pm
- Location: TBD
- Please contact Eddie Seay if you would like to participate

### Be Well Community Wellness Expo

- Date: 08/03/2024
- Time: 10am-1pm
- Location: Portsmouth YMCA
- Providing the community with medical resources, hygiene products, disinfectant supplies, and school supplies.

### Children's Health Day

- Date: 08/10/202
- Time: 10am-2pm
- Location: Hampton Roads Community Health Center, 1541 High St. Portsmouth, VA
- Community resources, Health Experts, Wellness check, raffle prizes, and more...

### Health and Wellness Fair 2024 hosted by the New City Church of Virginia Inc

- Date: 09/28/2025
- Time: 10am-2pm
- Location: 528 S. Military Hwy Virginia Beach, VA
- Community resources, Health Experts, Wellness check, raffle prizes, and more...