

Resources on Coping with Brexit-Related Stress



LifeWorks

Well-Being Experts

Last Reviewed Dec 2018

National events affect everyday citizens in many ways. This is especially true of major changes, such as Britain's vote to exit the European Union (EU), or "Brexit," and the many months of negotiations that have followed.

Along with the excitement a major political change can bring, it may also increase feelings of:

- uncertainty
- insecurity
- anxiety
- concern about the future

Managing feelings of worry and anxiety

Here are some ways to effectively manage these feelings:

Take a break from social media. Social media is full of people posting opinions, articles, petitions, disagreements and misinformation. Avoiding social media gives you space to process your own thoughts and feelings without being influenced by others.

Strive for unity, compassion and kindness. The more compassion and understanding you are able to exhibit toward others—including those who may not share your beliefs or political preferences—the less tension-filled the world will be.

Make regular physical activity a priority. Regular exercise is one of the best ways to reduce stress and improve your mood.

Do the things you would normally do during difficult times to manage feelings of stress and anxiety.

Make a point of eating well-balanced meals. Limit or avoid alcohol and caffeine. Drink plenty of water—stress can sometimes lead to dehydration. Get regular exercise.

Take breaks. Go for a walk. Get some fresh air. Practice deep breathing or meditation.

Connect with friends and family. You'll probably find that other people are just as worried as you are about the same or similar things. Talking things over helps relieve stress.

Be a role model of resilience for your child. If you are feeling stressed or worried, it's likely your child is picking up on those feelings. Make time to have a conversation with your child if that is the case. Use this time as an opportunity to talk with your child in age-appropriate ways about how government and democracy works. Listen to your child's worries and concerns. Your child may hear worried adults talking about the economy, jobs, or national security. They may have fears that your family will be directly affected. Listen and provide guidance and reassurance. You may find the article "[Being a Role Model of Resilience as a Parent](#)" helpful.

Seek help

If you or someone you love is struggling with feelings of worry or anxiety, remember that your employee assistance programme (EAP) can help. The service is confidential and provided free of charge.

You may also find it reassuring to read more about Brexit. The UK government has created a [Brexit](#) section of its website which includes the following helpful pieces of information:

- [Settled status for EU citizens and their families](#)
- [Status of EU citizen in the UK: What you need to know](#)
- [UK nationals in the EU: Essential information](#)

© LifeWorks 2019



LifeWorks

Well-Being Experts

Last Reviewed Dec 2018