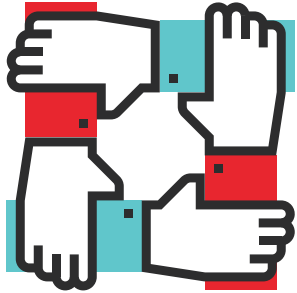


HOW TO FIGHT **POLITICAL FATIGUE**

Tired of the bickering, nastiness and noise?



Take
Positive Action
in Your
Community



Turn Off
the News
for a Bit



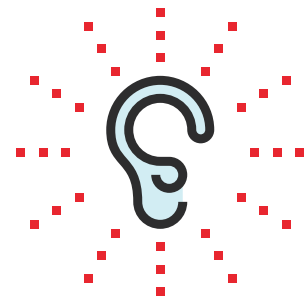
Step Back
from
Social Media



Find Something
You Like
About a
Candidate



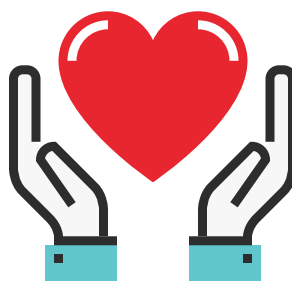
Don't Expect
Political Talk
to Turn to
Arguments



Really Listen
to Someone Else
to "Get" Their
Point of View



Ask People,
"What Went Right
for You Today?"



Focus on
5 Things You're
Grateful For



Sleep on It
and Dig Back in
Tomorrow