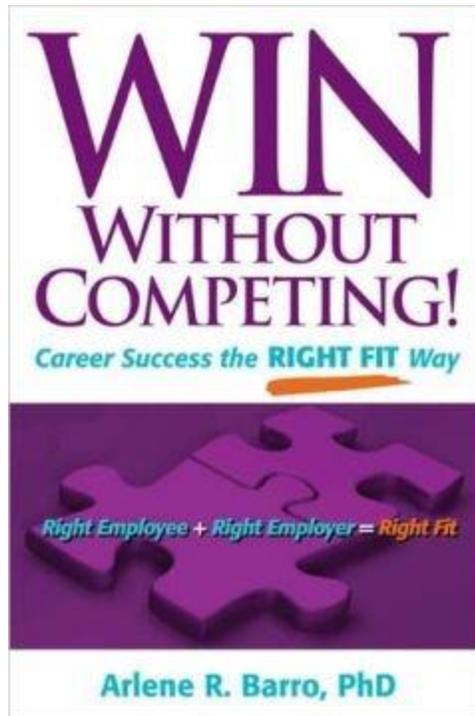


Conquering Stress! With Dr. Arlene — Clinton and Trump Cause Stress



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Dr. Arlene Barro

American voters are experiencing election stress extraordinaire. Two flawed brands are colliding: Clinton and Trump. Whose brand will ignite, fire up, and explode on Nov. 8 to win the presidency? Will the winner reduce or reinforce your stress? If you voted for the winner, your stress may not necessarily be reduced. Becoming president does not magically eliminate that person's flaws. If you did not vote for the winner then your stress could also surge, if you focus on the new president's potential performance.

Now is the time to manage your stress to prepare for either President Clinton or President Trump.

Who is the Right Fit?

Consider the following.

- If you are a member of either major party, should you automatically vote for your party's nominee? Or should you vote for the other party's nominee, if that person is your pick?

- If you are trying to determine which candidate is the Right Fit, are you evaluating each one on their own merits or comparing and contrasting candidates? Refer to my May 13 column *Indecision Causes Stress* in which I discuss blueprints of Right Fits. If you implement my Right Fit Method, you will not compare and contrast candidates.

- If you are fueling your fear of a candidate with negative self-talk which could include erroneous assumptions, then you are reinforcing your stress. Refer to my July 22nd column *Fear Causes Stress* and April 15 column *Erroneous Assumptions Cause Stress*. I hear some readers saying that neither candidate is the Right Fit. We need a new president and we must make a decision. Treasure the power of your vote. Make it count.

How does the media influence election stress?

A wide array of media professionals report almost every utterance that both candidates make. Some try to present a fair and balanced view. Others are partisan. Frequently, the important information is not clearly delineated from the less important. A lot of time is spent on repeating the same information which may or may not be factually based. We need more in depth analysis which is factually based. We do not need media hype to trigger stress.

To benefit from the the media and minimize stress, I recommend synthesizing and analyzing information about the candidates from a variety of sources. When possible conduct your own fact checks on those issues that are very important to you. Sometimes opinions and facts are intertwined. Let us try to untangle the facts from fiction.

How can you evaluate the presidential candidates objectively?

At the first presidential debate on Sept. 26 the audience is expected to be about one hundred million people. Clearly a first! Are we in a Brexit situation? If the Democrats win, the Obama policies will be continued. If the Republicans win, then our country will be renovated like a building to match a new vision. Who will win the debates, Clinton or Trump?

Before the debate, I recommend you create a list of questions for which you're looking for answers from either candidate or both. During the debate, jot down the answers you want to recall.

Be sure to:

- Determine who has the right strategies to anticipate, prevent, and reduce risks of future challenges on the economy, national security, and foreign policy. (Repeat the same analysis focusing on treatment).

- Watch for questions about the health of the candidates. I believe that both candidates should go to the Mayo Clinic in Rochester, Minnesota for a complete medical evaluation. Subsequently, their findings would be shared with us.
- See the unseen and hear the unspoken. Figure out what is really happening behind the scenes (unseen) which could motivate vague or inaccurate responses. Determine what information is purposely not stated (unspoken). The “unseen” and the “unspoken” go hand in hand. A moderator who is shrewd will ask questions to uncover both.

For all debates, you can use the protocol I outlined to evaluate the presidential candidates. Using the protocol will help you formulate an objective evaluation. We have strong emotional responses to both candidates. Remember, we are hiring a president. Focus on what you believe they will achieve. This will help reduce your stress.

Dr. Arlene Barro, the creator of the Right Fit Method, is a UCLA-Trained behavioral educational psychologist. She is the author of WIN Without Competing!, talk show host, motivational speaker, consultant and CEO. Her company, barro global search, inc., is on Wilshire Boulevard. Episodes of her radio show are available at www.winwithoutcompeting.com. She can be reached at dr.barro@barroglobal.com