



Northwest Primary Care Clinic, Grain Integrative Health, Announces Health Services To Address Depression and Anxiety Resulting From Election Drama

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As election season is louder and more divisive than any other previous election, many people are finding depressing or intrusive anxious thoughts creep into their sleep routine or work environment. Dr. Sara Kates-Chinoy notes, "The combination of access to 24-hour news networks, social media and sometimes dissatisfaction with both candidates has made the current presidential race the most anxious our providers have ever seen. The volume of patients who are asking for interventional care and therapy referrals has profoundly increased in the last few months. Our colleagues are telling us this is happening at their offices too."

A recent article in The Atlantic highlighted this health dynamic and provides strategies for reducing stress and anxiety related to the political climate. The Grain Integrative doctors note, "Tips they included were self-compassion, acceptance, using anxiety productively, taking action, limiting what you expose yourself to, talking about it with loved-ones, meditating and focusing on what you can control. Primary care doctors want their patients to know they can ask for help particular to their individual needs."

Stress release is essential to healthy physiology. Dr. Baum, also of Grain Integrative Health, notes the recent study in Molecular Psychiatry has found that even when eating a healthy diet, stress can increase inflammatory markers in the blood that mimic the effects of a poor diet. What this means is that the current election fervor is not just an inconvenience, but is something that is potentially and negatively affecting the health of the entire country. Media outlets are concerned about the number of clicks and views they get on their content; they are not concerned with your health.

Consumers of health need reflect on our electoral system itself - unlike any other in the world, the constant elections never actually stop. This presidential election campaign has gone on for over a year. Dr. Kates-Chinoy wants her patients to break the spell. Watch the election when it happens. Maybe check in on Sundays. Nobody needs to know the day-to-day election coverage because nothing much changes.

Meantime, these primary care doctors continue to schedule stress management visits to help their small Portland, Oregon community thrive. Providers may recommend meditation, acupuncture, exercise, nutritional support or rest as remedies for electoral stress.

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