



# IS POLITICAL STRESS AFFECTING YOU OR YOUR FAMILY



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### Take this 2-minute self-assessment to find out:

Answer YES or NO to each of the following:

1. Do you feel emotionally triggered or angry when hearing opposing political opinions?
2. Have you argued with friends or family over political topics in the last month?
3. Do you avoid social events or gatherings because of differing political beliefs?
4. Are you experiencing anxiety, sleep problems, or trouble concentrating related to the news or political events?
5. Do you feel hopeless, fearful, or out of control about the future of your country or the world?
6. Have you lost relationships or disconnected from loved ones over political disagreements?
7. Do you find yourself spending hours scrolling, debating, or researching political content online?
8. Have you experienced conflict at work, school, or in your community due to political views?
9. Are you worried that your political opinions have become an obsession or are interfering with your happiness?
10. Do you wish you could feel calmer, more balanced, and less reactive — regardless of what's happening in the news?

### Scoring:

- 0–2 YES: Political stress is present, but manageable.
- 3–5 YES: Political stress is affecting your well-being. Support can help.
- 6+ YES: You may be experiencing high levels of political stress. It's time to take action.

# Find Balance Again: A Guide to Managing Political Stress and Reclaiming Peace

Political stress is real. It's not just about debates or disagreements — it can affect your sleep, relationships, health, and emotional stability.

In recent years, more people have reported feeling anxious, depressed, and even hopeless due to political discourse and world events. Families are divided. Friendships are strained. Social media intensifies it all.

But you don't have to stay stuck in that cycle.

As a Certified Professional Hypnotist, Licensed Counselor, and Life Coach with over 35 years of experience, I help people just like you regain emotional balance and reconnect with what really matters — their well-being, peace of mind, and healthy relationships.

## What Is Political Stress?

Political stress happens when constant exposure to political content — through news, social media, conversations, and conflict — triggers:

- Heightened anxiety
- Anger or resentment
- Feelings of helplessness
- Chronic tension
- Emotional reactivity

When your nervous system is always on high alert, it takes a toll — physically and mentally.

## Signs Political Stress Is Affecting You:

- Trouble sleeping or relaxing
- Fixating on the news cycle
- Feeling disconnected from people you used to enjoy
- Arguing with loved ones more often
- Feeling powerless or stuck
- Experiencing anxiety, depression, or irritability

## The Good News: You Can Break Free

You don't have to give up your beliefs to feel better.  
You don't have to agree with everyone to be at peace.  
And you definitely don't have to lose your sense of self to the chaos.

With the right tools and support, you can learn to:

- Stay grounded, even when others are upset
- Respond calmly instead of reacting impulsively
- Set healthy boundaries with friends, family, and media
- Reduce stress in your body using proven mind-body techniques
- Rebuild meaningful relationships, even with people you disagree with



# Self-Help Tips You Can Use Right Now:

## **Limit Your Exposure**

Set time boundaries on political content. Aim for no more than 20 minutes per day of news or commentary.

## **Practice Regulation Techniques**

Try deep breathing, grounding, or guided self-hypnosis to shift your state when you feel overwhelmed.

## **Turn Off Notifications**

Silence political news alerts. Give your mind space to focus on what's in your control.

## **Reconnect With People You Trust**

Engage in conversations that are nurturing, not inflammatory. You can disagree without disconnecting.

## **Use Journaling to Process**

Write down your political thoughts and emotional reactions. This can reduce inner tension and help you understand your triggers.

## **Use Hypnosis**

Hypnosis is a powerful way to access your subconscious, shift automatic reactions, and create calm from within.

### Why Hypnosis Works for Political Stress

Hypnosis isn't mind control — it's focused attention, deep relaxation, and a direct line to the subconscious mind.



Studies show that hypnosis can reduce anxiety, improve sleep, and help people gain clarity and emotional regulation.

It works by bypassing the critical, reactive part of your mind and engaging the part that stores beliefs, patterns, and emotional responses.

In a session, we work together to help you:

- Release internal tension
- Reframe automatic thoughts
- Reduce emotional reactivity
- Create a calm and grounded mindset

And the best part? Hypnosis works beautifully online. You can experience deep transformation from the comfort of your home.

## What About Life Coaching?

Life coaching offers practical, forward-focused support to help you:

- Rebuild fractured relationships
- Set boundaries with social media or divisive conversations
- Stop obsessing over things out of your control
- Develop healthy emotional habits
- Reconnect with your goals, values, and peace of mind

Whether you feel trapped by conspiracy narratives, exhausted from political conflict, or simply want to live with more balance — life coaching can help.

## Let's Talk.

You don't have to figure it all out alone. I offer a free 20-minute discovery call on Zoom.

We'll talk about what you're going through, what you need, and whether hypnosis, life coaching, or group support is right for you.

This is a no-pressure, confidential space to explore your options.



### Meet Gordon Leith, Certified Hypnotist and Life Coach

I'm Gordon Leith — a Certified Professional Hypnotist, Licensed Professional Counselor (Texas LPC #10783), and Master Addiction Counselor with over 35 years of experience helping people create real change.

Since earning my Master of Arts in Counseling from St. Mary's University in San Antonio in 1990, I've worked in both inpatient and outpatient settings, facilitating more than 2,500 group sessions and countless individual breakthroughs. I've also pursued post-graduate studies in Organizational Development at Texas A&M University to better understand how systems — from families to workplaces — impact personal transformation.

My specialties include helping people recover from addiction, manage anxiety, overcome political stress, and rebuild healthy relationships. I'm a Substance Abuse Professional (SAP) qualified to work with clients navigating DOT return-to-work processes, and I use both hypnosis and coaching to support deep, lasting change.

My approach is direct, compassionate, and grounded in evidence-based techniques. Whether you're trying to stop smoking, move past trauma, or find peace in a divided world, I meet you where you are and help you get where you want to be.

Today, I work exclusively online, offering private hypnosis sessions, transformational life coaching, and therapeutic support groups. My goal is simple: help you feel better, live with clarity, and take back control of your life.

Ready to explore how we can work together?

Schedule a free 20-minute discovery call and let's talk.

