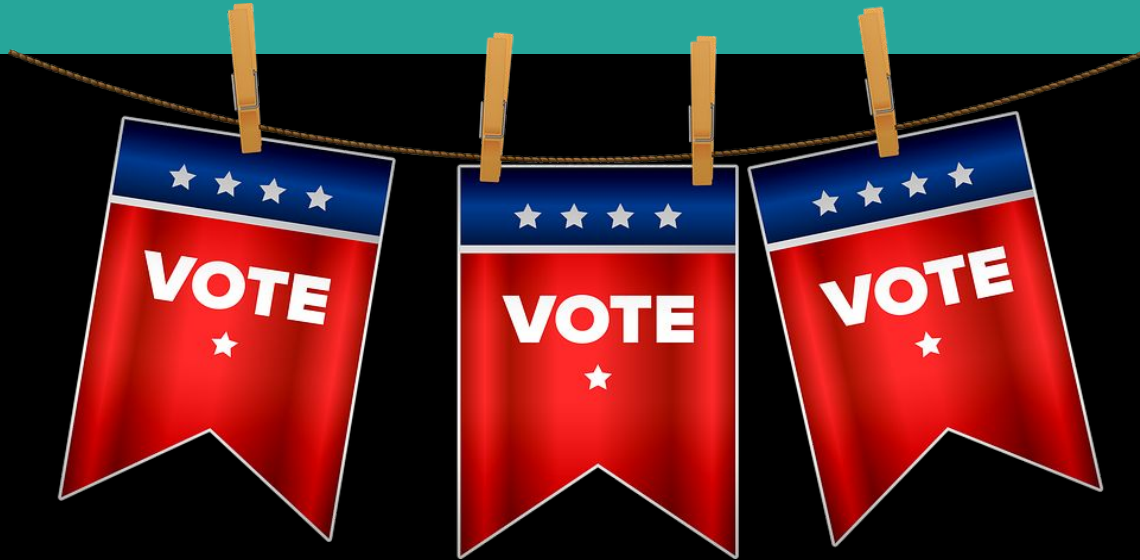


2020 Election



—

How to stay calm by staying informed

Just like the rest of 2020, we had an unprecedented Election Day.

— Election Day 2020 is really more like Election Week (or, Election Month), thanks to the large number of mail-in ballots cast because of the COVID-19 pandemic. Unlike years past, we were unable to call a winner Tuesday evening in the presidential race between President Donald Trump and former Vice President Joe Biden. And beyond the time it takes to count the ballots, legal battles could follow results – lawyers have already lined up across the nation to challenge voting rules and individual votes.



Remember, in the presidential election of 2000, it took 36 days to find out who won!

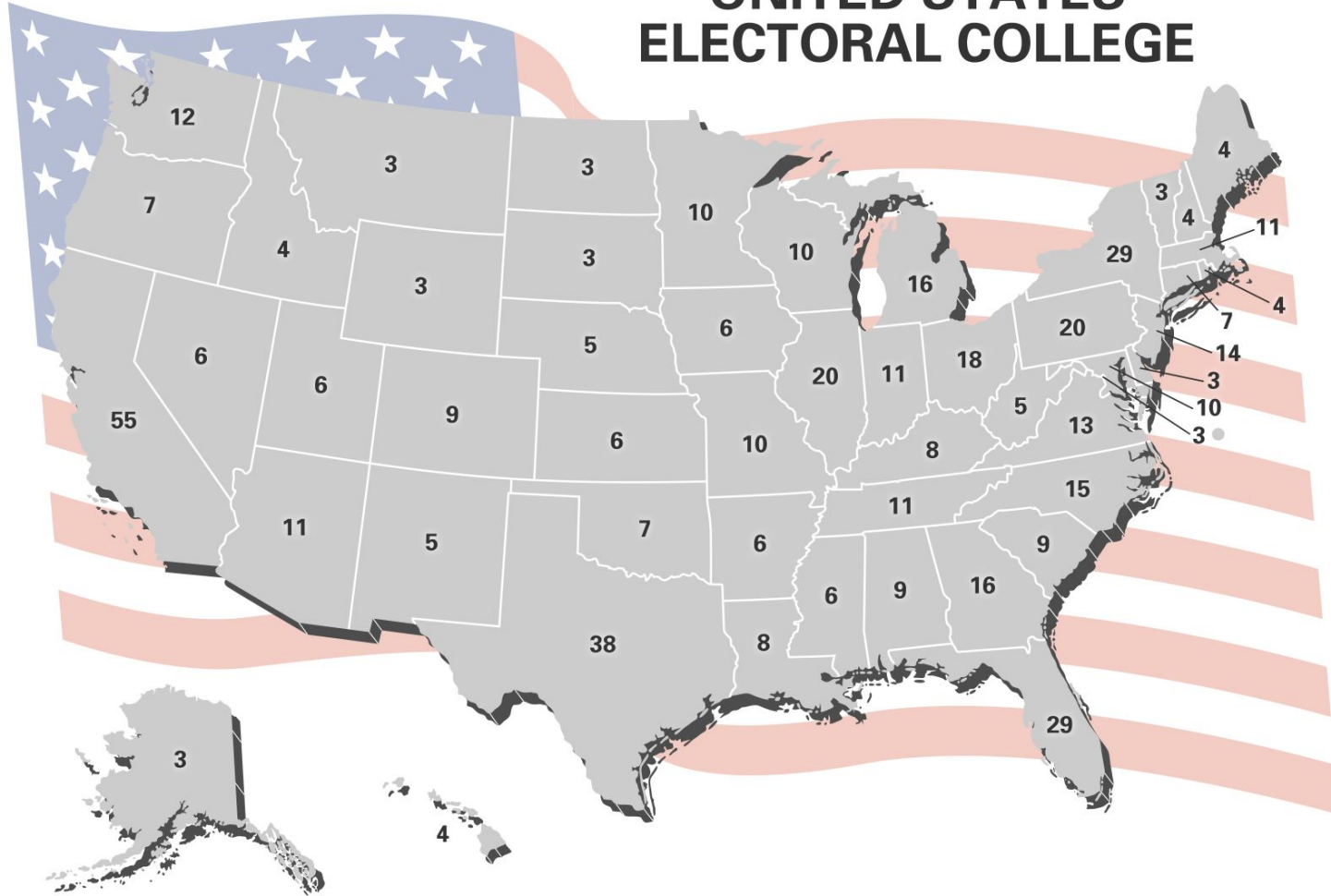
The Electoral College

Presidential elections are different from other elections in the way the winner is determined. In the United States, citizens do not vote directly for the president. The vote that is cast actually goes to an elector who is pledged to a certain — candidate. Electors gather together and form the Electoral College. Each state has a certain number of electors, based on its population. The larger a state's population, the more electors it gets. Some states have as few as three electors, while others have as many as 55.

The Electoral College, continued...

In some states, the candidate who wins the popular vote gets all of the state's electoral votes. The exceptions are Maine and Nebraska, which can split their electoral votes. During a presidential race, the electors do not — cast their actual votes until after the popular election when the Electoral College meets. There are 538 total electoral votes available, and a presidential candidate needs to win more than half of them to win the election.

UNITED STATES ELECTORAL COLLEGE



FOR PRESIDENT



How Long Will Vote Counting Take?

Estimates and Deadlines in All 50 States

Even once the early and in-person ballots are counted, a significant number of votes could still be outstanding. Only nine states expect to have at least 98 percent of unofficial results reported by noon the day after the election. Twenty-two states and the District of Columbia allow postmarked ballots to arrive after Election Day, so the timing will depend on when voters return them.

Be Patient

"The number of mail-in and absentee ballots in many states means counting could go on for days. The delay doesn't mean there is a problem. It means the system is working, and states are ensuring every ballot is counted."

--Nicole Carroll, Editor in Chief of *The USA Today*

Limit your news consumption to what you need to know

You don't need to be glued to your phone or TV screen to ensure you hear important election news. If you aren't learning anything new and you are feeling anxious, it's probably a sign you need a break.

Do something else

It's OK to spend time this week taking care of your mental health. In fact, it's extra-important to do so when the news is stressful.

- Mediation, mindfulness, practicing gratitude, distraction and entertainment can help us relax during this unsettled week.