



# American election stress is sky-high, but there are ways to regain your sanity

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No matter which candidate wins the election this year, there is already at least one clear loser: Americans' sanity.

A full 52 percent of adults say the election is very or somewhat stressful to them, according to a recent poll from the American Psychological Association. To help soothe these frazzled nerves, a handful of businesses are rolling out timely promotions and public relations stunts.

In Boston, the Hotel Commonwealth is offering a package to help guests disconnect from the noise. The property will block every television news channel and remove any election coverage from the daily newspaper.