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Stress baking helped during U.S. election – 5th November, 2020

## Level 0

The US election was stressful. A company said it caused stress in 49% of people. Only COVID-19 was more stressful. Around 55% of adults said November the 3rd was the most stressful day of this year. They wanted 2020 to be over. A woman said: "It's not just the election - this year has been a marathon of stress."

Months of non-stop news made people stressed. They baked cakes and bread to feel better, especially before the election. About 27% of people baked to help their stress, but 41% put on weight. One woman said baking lowered her election stress. She said: "We probably won't have a clear winner for weeks after election day."

## Level 1

The U.S. election was stressful. A research company said the election was a cause of stress in 49 per cent of people. Only COVID-19 caused more stress. The company said 55 per cent of adults thought November the 3rd was the most stressful day of the year. They couldn't imagine being more stressed and wanted 2020 to be over. A self-care app said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

Months of non-stop news made people stressed. They baked to feel better. More cakes and bread went into ovens before the election. Stress baking is now a top self-care activity. Around 27 per cent of people baked to relieve stress. However, 41 per cent gained weight. One woman said baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a clear winner for weeks after election day."

## Level 2

The 2020 U.S. election was stressful for many people. A poll conducted by a research company found that the election was a cause of stress in 49 per cent of people. Only COVID-19 caused more stress. The poll found that 55 per cent of adults believed that November the 3rd, 2020 was the most stressful day of the year. Most people said they couldn't imagine being more stressed than they were and wanted 2020 to be over. The co-founder of a self-care app said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

Months of non-stop news made many people stressed. They baked to make themselves feel better. Stress baking rose in popularity. More cakes and bread went into ovens in the run-up to the election. Stress baking is now a top-five self-care practice. The poll found that 27 per cent of people baked to relieve stress. However, 41 per cent of people said the stress of 2020 caused them to gain weight. One woman said baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a clear winner for weeks after election day."

## Level 3

The 2020 U.S. presidential election was a stressful event for many people. A poll conducted by the marketing research company OnePoll found that the election was a main cause of stress in 49 per cent of people. Only COVID-19 caused greater stress. The poll found that 55 per cent of the 2,000 adults in the survey believed that November the 3rd, 2020 would be the tensest day yet this year. In addition, 59 per cent said they couldn't imagine being more stressed than they already were. Furthermore, 67 per cent wanted 2020 to be over. Naomi Hirabayashi, cofounder of the self-care app Shine, said: "It's not just the election anxiety - this year has been a marathon of stress. These are not normal times."

The months of non-stop news coverage caused many people to get stressed out. One thing many people did to relieve stress was to bake. Stress baking rose in popularity in 2020. More cakes and bread have been going into ovens in the run-up to the election. Stress baking is now in the top five most effective self-care practices of 2020. The poll found that 27 per cent of people used baking as a stress reliever. Unfortunately, 41 per cent of people said the stress of 2020 caused them to gain weight. One American woman said stress baking reduced her election stress. She said: "I'm prepared and have a post-election plan. In reality, we probably won't have a clear winner for weeks after election day."