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### How to deal with election disappointment

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LOS ANGELES, Nov. 5 (UPI) -- After the presidential election, many may experience disappointment and many elation, but a U.S. physician suggests both sides should be gracious.

Dr. Terry Eagan, medical director of Moonview Sanctuary, a Los Angeles non-residential treatment and optimal performance center, suggests to those whose candidate won, to be gracious and sensitive to those whose candidate lost.

"For those people whose candidate lost -- be kind and complimentary to those whose candidate won," Eagan told United Press International. "Grace, dignity, and 'calm' are powerful attributes -- set a good example -- people, children and the world will be watching."

If a family is "split" on their voting and thus split in their joy/disappointment -- the same principles apply, Eagan says.

"Be kind, respectful, focus on the common goals; keep the 'highest good' in your thoughts and prayers," Eagan said. "Support each other."

However, if a person feels overcome with feelings of sadness, difficulty sleeping or eating, difficulty with focus and concentration, loss of interest in activities, changes in appetite -- and these symptoms persist for several weeks -- then Eagan advises speaking with a physician or consider seeing a therapist as these may be symptoms of a greater underlying problem, i.e. depression.