

<http://newiproggressive.com/images/stories/S5/voting-2020-538-s5.jpg>



***Although Americans may have different reactions now that the election is over, it's important that we continue having conversations to move forward together.***

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EAU CLAIRE, WI - And, just like that, Election Day has passed! What a relief for all of us. At the end of an election season, you may feel overwhelmed with emotion; we feel excited, relieved and disappointed all at the same time.

As someone who has run multiple campaigns, I can tell you it isn't easy on candidates when it's all over. It can be a terrible blow when you lose, but even when you win, there can be a sudden drop in energy. A candidate can feel like they're racing at 100 miles per hour in the final weeks and, win or lose, the day after the election is like hitting a brick wall. It can feel like everyone and everything has come to a stop and you don't know what to do with all the energy.

For so many of us, Election Day couldn't have come soon enough; we want nothing more than to have a respite from politics. Having been hammered for months with ads, mail and calls, election season can be discouraging and exhausting. Receiving election results can be just as stressful. Nobody gets what they wished for 100% of the time – there are both wins and losses among the candidates or ballot initiatives you supported. But what's important is we have the right to have our voice heard through our vote. This is democracy at work.

## Democracy at Work

Written by Jeff Smith, State Senator District 31

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