

Before, During and After Election 2024 Self/Community Care Worksheet



Name who/what you cannot control:

Name who/what you can control:

Name what you need to feel safe:

Mentally: _____

Physically: _____

Emotionally: _____

Spiritually: _____

What grounds you and helps you center? List resources (music, films, activities, etc)

Who can you check-in with to offer support? A sense of safety? (2 people minimum)

What resources can you offer and who can you offer them to? (individuals, organizations, etc...)

To help ground/ center yourself on election night, engage all 5 senses by preparing a personal toolkit that includes:

Something you'd like to hear: _____

Something you'd like to see: _____

Something you'd like to smell: _____

Something you'd like to taste: _____

Something you'd like to touch: _____

List 3 things you will do if your chosen candidate is elected:

List 3 things you will do if your chosen candidate is not elected:
