

Before, During and After Election 2020 Self/Community Care Worksheet

Name what/who you cannot control:

Name what/who 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 reach out to when you need to talk through/process feelings? (2 people minimum):

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:
