



Election week stressing you out?

Some Tips & Tools For Staying Well

2020 has been a year of uncertainty. The upcoming election is no exception, and a lot of people are feeling nervous about what the results of the election might mean for them.

This guide is to offer a few suggestions on how to care for yourself during times of uncertainty.

Think about how you're engaging with the news.

If you're listening to a podcast or scrolling through political updates, take a moment to pause and pay attention to your body.

Are your muscles tense?

Is your heart beating fast?

Are you holding your breath?



These can all be indicators that what you're engaging with is stressing you out.

Could you set a time limit for how long you will watch/look at/listen to the news each day?



Pay attention to your body.



When you feel relaxed:

Who are you with? What are you doing? Where are you?

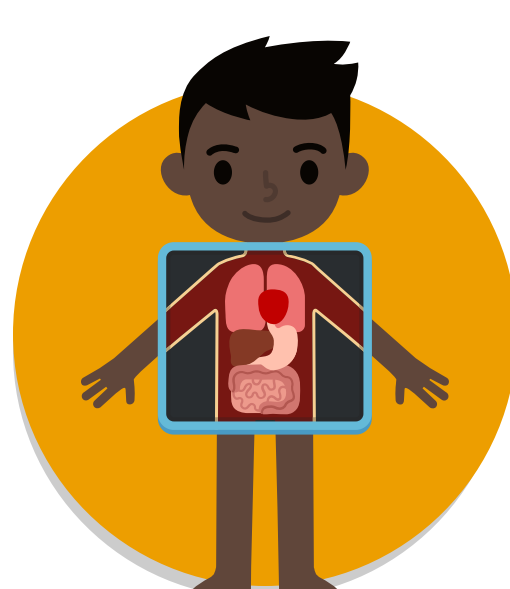
It can help to make a list of the places, people, and activities that make you feel calm, relaxed, happy, or grounded.



When you feel stressed or anxious:

What's happening in your body? For example: does your stomach hurt? Do you get headaches? Do you feel tired?

Make a list of what stress feels like in your body, so that you'll have an easier time identifying when you're overwhelmed.



body checklist

Today, have you:

- drank water?
- ate a nourishing meal?
- talked to a loved one?
- stretched?
- moved your body or exercised?
- gotten fresh air?
- gotten enough sleep?
- taken any daily medications or vitamins?

If starting with one of these things is overwhelming, try to start by just taking a few slow, deep breaths.



Identify your support people.

- Who are the people that listen to you?
- Who offers you support?
- Whose advice do you trust?
- Who makes you feel safe?
- Who makes you laugh?

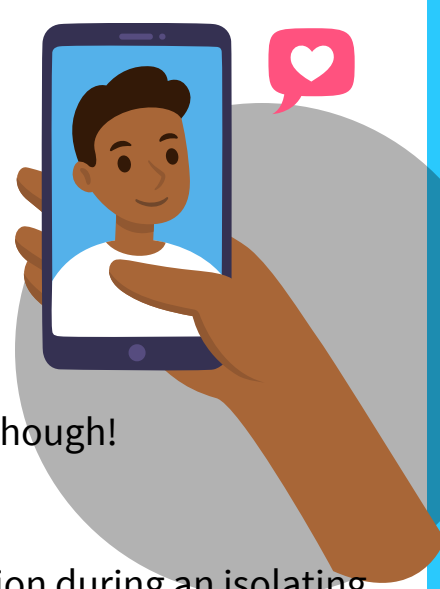
Come up with a list of the people that love you, and remember to reach out to them when you need to.



How do you connect with your people?

As a result of COVID-19, many of us are feeling disconnected. We see fewer of our friends than we used to, we have to connect with them differently than we used to.

There are still creative ways to find connection, though!



Some ideas for finding connection during an isolating time:

- zoom game nights
- many streaming services now have plug-ins that allow for watching movies remotely together. eg: netflix party
- take a walk together--whether in person and socially distanced, or taking separate walks over the phone

Start preparing some supplies.

It is possible that no matter what the results of the election are, there will be political unrest.

This could be frightening, and make it feel scary or not safe for you to be out and about.

In the weeks leading up to the election, it might help to have extra non-perishable foods, first aid supplies, hygiene products, and comfort items. If you're able to, fill any prescriptions in advance.

Start by making a list of all the things you wouldn't want to be without in a stressful situation.



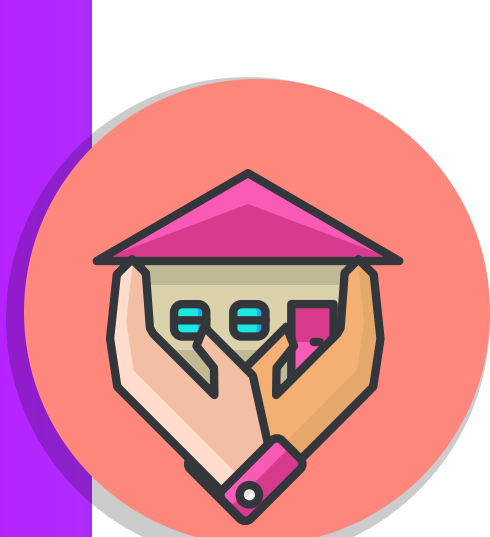
Once you have basic necessities covered, think outside the box! Would it help to have puzzles available? A specially curated playlist? Frozen pizza? A face mask?



Make a wellness plan.

Have a plan in place for how you will stay safe in potentially risky or dangerous situations.

This means thinking not just about physical safety, but also emotional wellness. For more info on making wellness plans/safety plans, see our guide!



National Suicide Prevention Hotline - 800.273.8255
Trans Lifeline - peer support for transgender, non-binary, gender non-conforming people - 877.565.8860
Multnomah County Crisis - 1.800.716.9769
Clackamas County Crisis - 503.655.8585
Washington County Crisis (se habla español) - 503.291.9111
Crisis Text Line text "HOME" to 741741
Call to Safety - Domestic Violence/sexual assault - 1.888.235.5333
Trevor Project - LGBTQ Support - 1.866.488.7386