

Post Election Empowerment Plan

This worksheet is designed to help you stay involved in the issues that are important to you; our civic duty does not stop at the ballot box and the impact of elections does not end once the outcome is certified.

I am feeling:

- Relieved
- Grateful
- exhausted
- inspired
- Frustrated
- Hopeful
- Fed up
- sad
- overwhelmed
- angry
- confused
- anxious
- _____
- _____

Strategies I can use to help me manage these emotions:

- exercise
- meditation
- spend time with friends
- time outdoors
- laugh
- unplug from social media
- spiritual practices
- listen to music
- journal
- get creative
- cook
- counseling
- volunteer
- _____
- _____
- _____

What campus resources can help support me?

- Counseling Center
- Student Outreach Services
- _____
- _____
- MEP
- Club/Orgs: _____
- _____
- _____

What is my plan to check -in and support my friends, family, and loved ones?

Who are the people that I can reach out to for support?

Where are the spaces on campus in which I feel safe and most comfortable?

Have the needs of my community changed in light of the election? If so, how?

I am committed to remaining involved with the following causes/organizations:

What are some issues or topics I need to educate myself on? What is my plan to do that?

What are some ways I can use my special skills or talents to make a difference in the broader world?

What future would I like to see, and what steps am I taking today to ensure that future will happen?

I am motivated to become engaged by the following election outcomes:

- _____
- _____
- _____
- _____

Other post election take-aways:

