

PRACTICING SELF-CARE DURING THE ELECTION SEASON



DO YOU NEED TO SLEEP? EAT? DRINK?

It can be easy to forget to attend to your physical needs. These should be your top priority; before all else, make sure you are nurturing your body.

DO YOU NEED TO MOVE YOUR BODY?

Moving your body is a great way to release stress, tension, anger, and other strong emotions. Try going for a walk, doing a workout you enjoy, stretching, or dancing.



DO YOU NEED TO LET OFF SOME STEAM?

You can express your emotions in many ways, like talking/venting to a trusted friend, crying, journaling, praying, or spending time with pets.

DO YOU NEED TO LOG OFF?

Spending too much time on social media or watching the news can be overwhelming and draining. While it may feel important to stay informed, you also need breaks to center yourself and decompress. Try spending some time offline, meditating, or distracting yourself with a fun TV show or movie!

