



Post-Election Empowerment Plan

This worksheet is designed to help you stay involved in the issues that are important to you as 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
- Confused
- Angry
- Anxious
- _____
- _____

What are some strategies that will help me manage these emotions?

- Exercise
- Meditation
- Time with friends
- Time outdoors
- Laugh
- Unplug from social media
- Spiritual practices
- Listen to Music
- Get Creative
- Journal
- Cook
- Counseling
- Volunteer
- Peer support through Togetherall
- Welltrack Boost
- _____

Which campus offices can help support me?

TCS, _____

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

New/Re-Elected Officials:

President/Vice President: _____

US Senators: _____

US Reps: _____

State Senators: _____

State Reps: _____

Governor: _____

Local Officials: _____

My plan to hold these officials accountable: _____

Have the needs of my community changed as the result of the election? If so, how?

I am committed to remaining involved with the following causes or 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 takeaways: _____

Additional Information and Resources

This guide is just to get you started thinking about how you can commit to and participate in lasting change post the 2024 election. Should you want or need to explore additional resources, we have compiled this brief list and encourage you to reach out to faculty, staff, and campus offices or support.

Check Out These Links to Boost Your Self Care:

Gratitude Journal Prompts: <https://www.developgoodhabits.com/gratitude-journal-prompts/>

Good News: <https://www.goodnewsnetwork.org/>

8 Dimensions of Wellness: <https://store.samhsa.gov/sites/default/files/sma16-4958.pdf>

Tips to Manage Anxious Feelings about Politics:

<https://jedfoundation.org/resource/election-stress-tips-to-manage-anxious-feelings-about-politics/>

Coping with Racism and Racial Trauma:

<https://jedfoundation.org/resource/how-you-can-cope-with-racism-and-racial-trauma/>

Activism as Self-Care: <https://jedfoundation.org/resource/how-to-use-activism-as-self-care/>

Select Campus Resources

Tuttleman Counseling Services

- <https://counseling.temple.edu/>, 215-204-7276
- Register for services on our website, drop in for a consultation at our Let's Talk hours around campus, reach out for a same-day urgent/crisis meeting, or contact us at 215-204-7276 after hours and on weekends to be connected with a crisis counselor. See website for details!
- Check out the Zen Room on Welltrack Boost: <https://temple.welltrack-boost.com/>
- Gain anonymous peer support with Togetherall:
https://counseling.temple.edu/sites/counseling/files/Togetherall_Temple.pdf

Institutional Diversity, Equity, Advocacy, and Leadership (IDEAL)

- <https://diversity.temple.edu/institutional-diversity/about>
- IDEAL is a brave space where students, faculty, staff and the surrounding community are empowered to share and learn from diverse perspectives.

Wellness Resource Center

- <https://wellness.temple.edu/>
- The Wellness Resource Center promotes exploration of wellbeing and healthy connections.

National Mental Health Crisis Resources:

- [National Suicide Prevention Lifeline](#): Call 988
- Crisis Text Line: text "HOME" to 741-741
 - Support for BIPOC students: Text "STEVE" to 741-741,
 - Support for Active Duty Military and Veterans: Text "CONNECT" to 741-741
- [Trans Lifeline: Trans peer support run by and for trans individuals](#): (877) 565-8860