

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
- angry
- confused
- anxious
- _____
- _____

What are some strategies that will 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 offices can help support me?

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

New/Re-Elected Officials *(Click here to find yours)*

President & Vice President: _____

US Senator(s): _____

US Representative: _____

State Governor: _____

State Senator(s): _____

State Representative: _____

Local Officials (Mayor, School Board, etc.): _____

What is my plan to hold these elected officials accountable?

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 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 take-aways:



PennState
Student Affairs

Counseling &
Psychological Services

Adapted from and with gratitude to:
Washburn University

Additional Info 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.

Suggested Post-Election Reading & Education

<https://ground.news/bias-bar>

<https://www.allsides.com/unbiased-balanced-news>

Journaling Topics to Reduce Stress, Spark Creativity, & Clarify Thoughts and Feelings (Links in italics)

What am I grateful for today?

If I'm feeling distress, what can I do to sooth myself?

Select prompts from Eight Questions That Can Help You Survive Election Stress

Am I getting enough good news? If not, where can I find it?

Check Out These Links to Boost Your Self-Care

[8 Dimensions of Wellness](https://store.samhsa.gov/product/creating-healthier-life-step-step-guide-wellness/sma16-4958) | <https://store.samhsa.gov/product/creating-healthier-life-step-step-guide-wellness/sma16-4958>

[Life Hacks with CAPS](https://studentaffairs.psu.edu/counseling/wellness-services/life-hacks) | <https://studentaffairs.psu.edu/counseling/wellness-services/life-hacks>

[WellTrack Boost](https://psu.welltrack-boost.com/) | <https://psu.welltrack-boost.com/>

Select Campus Resources

Penn State Votes; 814-863-4624

<https://studentaffairs.psu.edu/psu-votes>

Student Organizations and Engagement; 814.863.4624

<https://studentaffairs.psu.edu/get-involved/student-organization>

Counseling Services; 814-863-0395 <https://studentaffairs.psu.edu/counseling>

Access 24/7 crisis and support services after hours and on the weekends by calling the Penn State Crisis Line at **1-877-229-6400**

Penn State Global; <https://global.psu.edu/international>

National Crisis Mental Health Resources

National Suicide Prevention Lifeline: Call 800-273-8255 or text 741741

Dial 988 for Suicide and Crisis Support: <https://988lifeline.org/>

Support for BIPOC: Text STEVE to 741741 Support for college students:

Text START to 741741 Support for active duty military and veterans: Text

CONNECT to 741741 Support for LGBTQIA+: Text HOME to 741741

Trans Lifeline: Peer support service run by trans people for trans and questioning callers: 877-565-8860

National Sexual Assault Hotline: 800-656-HOPE(4673)