

# My Self Care Plan: 2020 Election Edition

What are  
your fears?

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What are  
your hopes?

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How did you  
react to the  
2016 election?

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Helpful/less  
helpful ways you  
coped last time?

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How can  
you cope  
this time?

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Who are your  
support people?  
(make plans  
now!)

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What can you do to ground  
yourself that night, next  
morning, daily if results are  
not clear right away?

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Comfort drink/ food/  
movie/ activity (stock  
up ahead of time! rent  
the movie now!)



Who do you  
support? How  
will you check  
in with them?



## Free Color

