

CREATE YOUR OWN

*Post-Election  
Self-Care  
Plan\**



LSOGC

2022

## Self-care fosters resilience.

---

The post-election events may leave some of us feeling exhausted, distraught and stressed. Let us aim to regain our sense of balance and take better care of our wellbeing.

Together, we can also show our support for each other.



LSOGC

# 5

## *Practical Ways*

to create your own

## **Post-Election Self-Care Plan**



**LSOGC**

[facebook.com/LSOGC](https://facebook.com/LSOGC)

1. Digital Detox.
2. Emotional Acceptance.
3. Focus on what is within your control.
4. Connect with others.
5. Identify your de-stressors.



# 1: Digital Detox

Unplug. Limit your media consumption.

Take a break from news feed that might make you feel overwhelmed, unsure, angry, worried or disappointed. Mute your notification so you can spend some time free from stressful news.

Instead, plan your day so you can spend it on the things that you make you feel better.

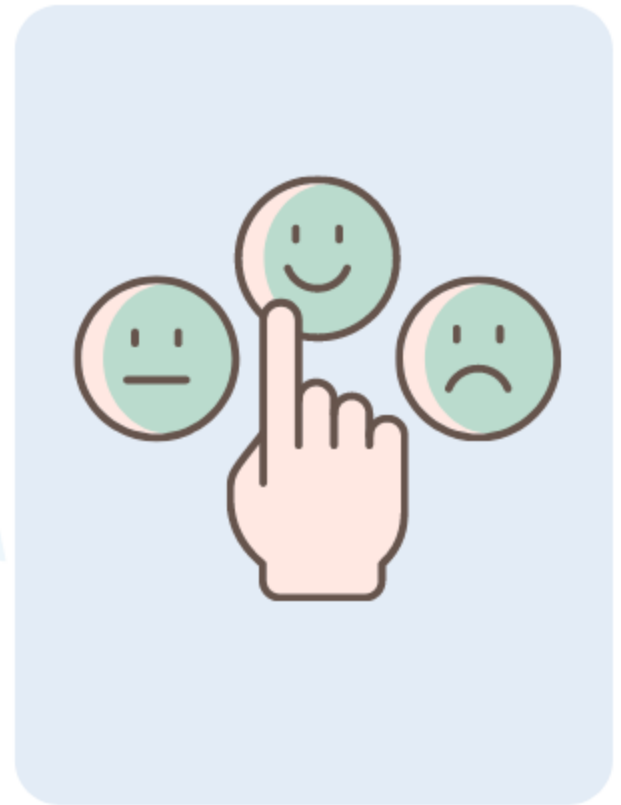
## 2. Emotional Acceptance

Acknowledge how you feel.

Recognize and label your feelings and reactions. Give yourself permission to feel what you are going through right now.

Try not to avoid nor minimize how you feel. There is no timeline on our emotions such as sadness. Take as long as you need to feel better.

When you are ready, you can work on how you want to engage with your emotions.



### 3: Focus on what is within your control.

Recognize the things we cannot control and work within the things we can.

Manage your energy well. Instead of dwelling on the things that you cannot change or control, focus on what you can.

Avoid ruminating on external outcomes, people's reactions or thinking about the worst scenarios. Spend your time on what you can do, even when they are small things.





## 4. Connect with others.

Engage and appreciate your supportive relationships among family and friends.

Find the comfort that you need among your trusted family and friends who are part of your social support group. These are the people who can listen and provide you with a safe space.

You may also reach out to your mental health provider or counselor.

## 5. Identify your de-stressors.

Engage in activities that help you regain your sense of balance.



What are the things that help you handle difficult situations in the past? List the things that you enjoy doing. Mindfully craft your daily routine to include them.

You might want to spend time with your pets, exercise, finish a project, meditate, express yourself through writing or other creative projects, listen to your playlist, re-watch your favorite shows, clean and organize your space or practice yoga.

Stay proactive.

