



## 12 Ways to Protect Your Mental Well-Being this Election Season

If you find yourself still grappling with the aftereffects of traumatic experiences faced during the 2020 election cycle and in the months since, this 12-point checklist can help you pursue the care and support you may need.

### Take Care of Yourself

- Be as kind to yourself as you would be to a friend.
- Seek out social support—sharing your feelings and experiences with others helps.
- Practice relaxation techniques like muscle relaxation, breathing exercises, and meditation.
- Practice grounding strategies. One common grounding technique is called the 5-4-3-2-1 method: Use your senses to notice five things you see, four things you hear, three things you can touch or feel, two things you can smell, and one thing you can taste.
- Check out the National Alliance on Mental Illness Video Resource Library at [www.nami.org](http://www.nami.org).
- Consider therapeutic interventions, including by:
  - Calling one of the free, confidential phone lines listed at [warmline.org](http://warmline.org).
  - Finding a support group near you through [www.mhanational.org](http://www.mhanational.org) or [www.nami.org](http://www.nami.org).
  - Searching for a therapist at [www.psychologytoday.com/us/therapists](http://www.psychologytoday.com/us/therapists).
  - [Taking a confidential Mental Health Self- Assessment](http://screening.mhanational.org/screening-tools/) at [screening.mhanational.org/screening-tools/](http://screening.mhanational.org/screening-tools/)

### Take Care of Others

- Check in with colleagues to see how they are doing.
- Create a support group with other election workers to talk about your experiences.
- Find out what resources are available in your community and share that information with colleagues.
- Incorporate the content of this wellness guide into your office policies and extend grace to colleagues who might need to use them.
- Post information about wellness resources available to staff in common areas.
- Invite speakers to talk to your team or at your professional association meetings about wellness and resilience.

For more information and resources, scan the QR code.

