



Post-Election Self-Care Plan

Step One: Brainstorm Self-Care Ideas

Example: get enough sleep, eat healthy, exercise daily, get outside, listen to music

Step Two: Stress Inventory and Care Ideas

Where & How Do I Feel Stress Example: tense muscles in back and shoulders	Specific Strategies to Combat Stress Example: get a massage, stretch for 5 minutes daily
Physical	
Emotional	
Mental	
Social	

Step Three: Accountability

Write the name of the person who you will share your plan with here _____
Ask them to check in on your progress periodically to help keep you accountable.

Time each day that you will set aside to implement this plan _____