

# 2020 Election: What's Your Game Plan?

This election season is causing more stress for more Americans, as [reported by APA](#). Regardless of party affiliation, voters are worried and anxious for the election process and results. Below is a series of questions to guide you through a planning and reflection process to manage your stress while preparing for the election. This tool can also be utilized by your team or office. Some questions were adapted from a Greater Good [magazine article](#).

## Before the Election

### *Ask yourself*

1. Have I spoken to my team or supervisor about taking time off/using flex hours for the election? What are the expectations regarding my/our communication that day?
2. Have I gone grocery shopping? Do I have all my feel-good snacks? Do I have all the supplies I need for my self-care (face masks, bath bombs, journal, etc.)?
3. Am I getting enough good news? Am I also consuming content that is not election related?
4. Do I have at least three people I can call to discuss the election? Have I notified them of my desire to do so?

## Election Day

### *Ask yourself*

1. Am I in a physical space that promotes my sense of safety and well-being?
2. What's happening in my body and mind today?
3. What am I grateful for today?
4. If I'm feeling distress, what can I do to soothe myself?

## After the Election

### *Ask yourself*

1. What future would I like to see—and what steps am I taking today to make that future happen?
2. What are some new ways I can use my special skills or talents to make a difference in the broader world?
3. How can I connect with other people?

## Additional Resources

[Student Outreach and Support \(SOS\)](#): Find information about the food pantry, the Lillie Undergraduate Engagement Grant, and the Student Assistance Fund (and a lot of other things!)

[DU Food Pantry](#): We are asking all users to request food boxes in advance. Food Box requests must be completed the Saturday before the scheduled pick-up day.

[My SSP: My Student Support Program](#): Get confidential, 24/7 support right from your phone when you download and complete your profile.

[Health and Counseling Center](#): Call 303-871-2205 or for after-hours Counselor on Call: 303-871-2205/Press 1