

# SELF & COMMUNITY CARE WORKSHEET: 2020 ELECTION EDITION

Sometimes we face challenges in our lives that overwhelm our current abilities to cope. The approach used in this worksheet can help us to be mindful of our emotional and rational reactions so that we can consciously combine them and choose balanced actions.



**Anticipated Challenge:** Write a brief summary of a challenge you are currently facing or anticipating- this should be something that feels like it overwhelms your current coping methods. **For example: Concern about how you will cope with the Presidential election results, no matter the outcome.**

**Feelings associated with challenge:** Write whatever emotional terms characterize your reaction to this challenge. **For example: Feeling a mix of confused, discouraged, and angry.** [Click here](#) for a “Feelings Chart” to help you get started.

**Emotional Reaction:** Write some ideas of actions that come to mind that you could take in response to the challenge, even if it seems impractical, strange or difficult. **For example: Falling asleep following election day and not waking up until an announcement is made, or watching every news outlet’s reporting on election results simultaneously until results are announced.**

**Rational Reaction:** Write what you would do if you were only thinking logically without emotions about the situation. The rational reaction often feels like an action you “should” or “need” do versus a “want” to do. **For example: You will make sure that you have a list of things you need to do to vote and plan out the steps you will need to take to do it.**

**Combined Reaction:** Brainstorm ideas of actions you could take that address physical safety needs while also addressing the realities of your life and the emotional lives of yourself and those close to you. **For example: You will make a plan to vote and also check in with friends the night of and day after the election to see how they are feeling and get support.**

**Practices:** Think about what practices you have used to get through tough times and write them in the space provided. **[Click here](#)** for 100 Self Care ideas if you are having trouble getting started.

**People:** Use the space below to list people in your life you know you can connect with if things get tough. Alternatively, or also, you could list people in your life who are also struggling with this challenge who would like to hear from you during this time.

**Evaluation of the plan (after the situation):** After “all is said and done” use this space as an opportunity to reflect on what worked, and what you would like to change next time you’re faced with a similarly difficult challenge.