my 2020 election stress plan:
ASK PETE

instructions: write a star, check, or highlight all of the things you would like to do as part of your 2020 election stress plan.

some of the things on these lists are contradictory. that's because different strategies work for different people. choose what works for you!

oh hey, i'm pete. hope i can help!

accept that this is hard

be kind to yourself for having a hard time
remember that others are struggling, too
other: _____

self-care

drink lots of water
take medications every day
eat regular meals
enjoyable exercise (what kind? write in): _____ (how often?): _____
rest and relax
request time off (when?): _____
other (write in): _____

keep laughing

watch funny YouTube videos: _____
funny TikToks: _____
funny TV & movies: _____
ig meme accounts: _____
send funny stuff to friends
ask for friends' recs for funny accounts, shows, etc.
other (write in): _____

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preserve energy

don't argue with people online

block people who harass you

don't respond to rude comments

don't argue with people in person

talk to people in person about politics within these limits (write in):

_____

let go of 2-3 political books, projects, or responsibilities (write in):

_____

express emotions

go for walks

go for runs

create art or music

write in a journal

talk to, get support from trusted loved ones

listen to music

other (write in): _____

turn off news, social media

set time limits for apps using the settings on my phone

don't watch news or check news websites

stop checking news after (write in a time) ___:___ am / pm (circle 1)

news free hour / day (write in): _____

other: _____

edit content

unfollow ig and tiktok accounts that stress me out

find (enter #) ___ new accounts that make me feel hopeful and heard