

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 (write in): _____

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

election stress plan:

ASK PETE

preserve energy

don't argue with people online or respond to rude comments

block people who harass you

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 or 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)

schedule news-free times or days (write in): -----

other (write in): -----

edit content

unfollow ig and tiktok accounts that stress you out

find (enter #) ____ new accounts that make you feel hopeful and heard

other (write in): -----