

ELECTION FIRST AID

PREP & PLANNING

Where do you want to be at various times during election week and after and with whom do you want to be with?

If that feels hard to figure out, or you notice yourself feeling left out or alone, can you think about who do you NOT want to be with and where do you NOT want to be?

Who are the people in your life that keep you company during hard times? Who are people that offer you comfort, either through words or distraction or plain silliness? These are good people to contact during these times. Everyone will be nervous and on edge, and some people are better at offering comfort in these times than others.

Are there activities happening through campus partners or Stanford affiliates that would be supportive to attend?
[Go to \[weiland.stanford.edu/events\]\(https://weiland.stanford.edu/events\) for events](https://weiland.stanford.edu/events)

Are there activities like queer meditation or yoga that happen outside of Stanford that would provide comfort?
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Think about planning meals, walks, tea, and other soothing activities with people who care about you and want the best for you.

BOUNDARIES & SELF-CARE

Are there ways you can take time to yourself in the days leading up to and after the election? This could look like walking and talking with a friend, making an extra therapy appointment, calling folks who are important to you and making sure to connect in a meaningful way.

Are there ways you can minimize your exposure to toxic messaging on social media sites or limit your time on accounts that could cause you stress and anxiety?

There is no limit on how many cat videos or baby drooling videos one can watch in a day. If it creates comfort and levity, it is worthy of being called self care.

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WEILAND HEALTH INITIATIVE

NOTES OF AFFIRMATION

It is so important to make time to acknowledge how strong and resilient we are as queer folks. Incline your mind toward lifting yourself and others up rather than criticize, isolate, or devalue yourself.

Affirmations are positive statements -- even if you don't believe them at first, science tells us that we can slowly reprogram our minds :).

Here is the recipe for creating your own notes of affirmation:

Step 1

Begin your note with "I..." or "I am..."

Ex: I will get through this uncertain time.

Step 2

Write a positive statement in the present tense.

Ex: I have people who love me and can support me through this.

Step 3

Save your note in a place that's accessible to you.

IF YOU FEEL UNSAFE

Sometimes the decision to remain safe is taken from us either intentionally or unintentionally. Speaking up or fighting back is not always what will keep us safe in the moment -- you don't need to feel ashamed, guilty, or regretful of taking action to protect yourself. Here are some strategies for coping with difficult situations in the moment. Try to make a reasonable plan for yourself so you'll know what to do in a difficult situation.

Internal Coping Strategies:

- Deep breathing, muscle relaxation, and self-soothing strategies
- Positive self-talk ("How can I take care of myself right now?")
- Validate difficult emotions ("It is valid to feel angry/hurt/embarrassed/sad right now.")

External Coping Strategies:

- Confrontation/care-frontation (make others aware of how you have been impacted)
- Distraction (either yourself or others) -
- Distance (remove yourself from the situation)
- Social support (texting or calling friends)
- Journalling (what was difficult, and what do you need now?)
- Exercise (use physical movement to relieve tension in the body)

CALL ON OUR ANCESTORS

Remember all the things that are holding us where we are, and paved a path for us to live our authentic lives. You can carry an empowering quote from or picture of an ancestor in your pocket during the day, or take time during the course of the election season to feel the earth holding you, or have an image readily available of a place on the earth where you feel held.

Can you set an intention for the election season and find an ancestor or mentor who will guide you toward that intention?

You are not alone. You are joined in your intention by your ancestors, by your community members, and by belonging!