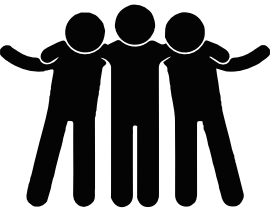




ELECTION SELF-CARE TIPS

IF YOU FIND VOTING TO BE STRESSFUL, HERE ARE SOME TIPS !

1. If you are able to, **clear your schedule** so that you don't have to spend a long period of time at the polls



2. By bringing a **voting buddy**, the time will pass faster and both people are able to vote !

3. **Make a playlist** with all of your favorite music that will help you recuperate from a stressful day!



4. meditation is found to be incredibly beneficial in releasing stress and anxiety! Breath in and out, find inner peace, and **take care of yourself!**



5. Make an early voting plan! If you are nervous about Covid-19 and the polls, some good options are **voting early or sending in an absentee ballot**

6. Take some time to binge-watch your favorite **nonpolitical** shows and movies.



7. If you are politically involved in an election season, schedule some time that is not spent on politics. Election season can be stressful and time away can be much needed!