

# PLU 2024 Election Support & Resources

Feeling anxious? Scared?  
Needing Support?  
**TimelyCare** can Help!



TimelyCare provides no cost, on-demand access to licensed mental health providers, nurse practitioners, and related services from the convenience and comfort of your phone or computer and at the location of your choosing. Just use your PLU epass to log in.

QR code for  
TimleyCare



Election Season is here.  
Help is always available if  
you need it!

## Health Navigator & WSR intern hours

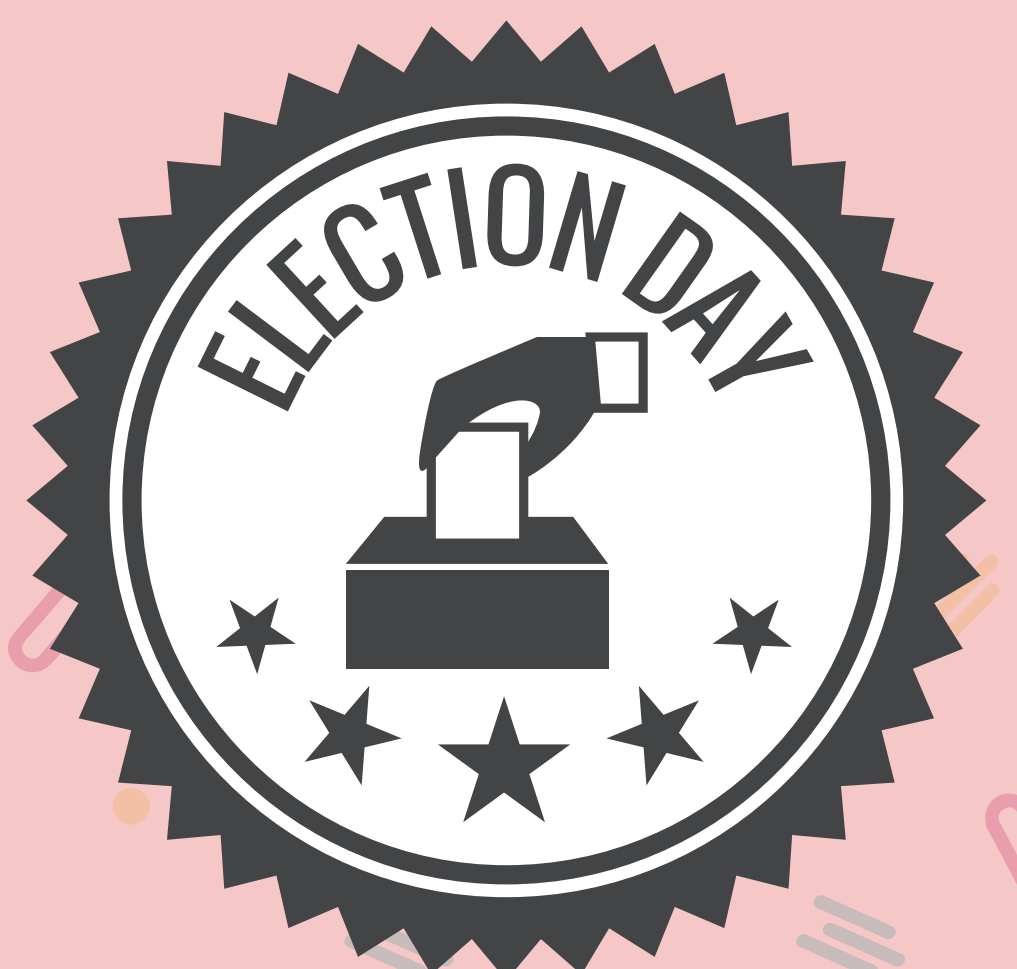
All Health Navigators and WSR Interns are available to meet with you, listen with care, and connect you with resources, if needed.

**Walk-In from: Monday-Friday, 9-4pm in the House of WSR.**

## Counseling Walk-ins

Group processing: AUC 300  
Wednesday, Nov 6th: 2-3PM  
Snacks Provided

Same-day and walk-in  
appointments offered November  
6 & 7 from 9 am-4 pm



# Post Election Empowerment Plan

## I am feeling...

hopeful    anxious  
angry    sad  
overwhelmed    inspired  
fed up    grateful  
relieved    confused  
frustrated    exhausted

## ● What are some strategies that will help me manage these emotions?

- talking with a friend
- exercise
- meditation
- time outdoors
- laugh
- spiritual practices
- journaling
- volunteering
- movement
- spending time with my community
- listening to music
- counseling
- nourishing yourself/ others
- unplug

## New/Re-elected Officials

President/VP:

US Senators:

US Representatives:

Governor:

State Senators:

State Representatives:

## What is my plan to check in with friends/loved ones?

## Other questions to think/journal about:

1. Have the needs of the community changed in light of the election? How?
2. What are some issues/topics I need to educate myself about? How will I do that?
3. What future do I want to see and what steps (big or small) can I take to make that future happen?
4. What motivates me to stay engaged in the political process at local, state, or national levels?
5. What are my post-election takeaways? What do I hope to do before the next election?
6. How can I use my privilege or power to advocate for equity?
7. What other ways can I stay involved to care for myself and the community?

## How can I hold my elected officials accountable?