



Post-Election Self-Care Guide

What many thought would be a period of electoral uncertainty is today a time of certainty. There will be many analyses of why the outcomes are what they were but there will be no definitive answers today.

Today is a day to take care of yourself and the many communities of which you are apart. There will be differences among those you know, work with and care for. Greet everyone with kindness.

We know everyone is stressed; not everyone is stressed for the same reasons. These 11 practices can help you support yourself and others.



Practice mindfulness

Use this [phrase](#) to become conscious of your breath and bring you back to the present moment: “Breathing in I calm my body, breathing out, I smile. Present moment, wonderful living!” – Thich Nhat Hanh



Practice creativity

Drawing, writing, coloring, or crafting can encourage self-reflection, promote relaxation, and provide a sense of accomplishment and joy.



Move your body and stretch

[Gentle stretching](#) helps release physical tension, reduces stress, and promotes relaxation.



Practice breathwork such as [box breathing](#)

Breathing is essential to life. It delivers fresh energy to our tissues and cells, revitalizing our body, mind, and spirit.



Practice [self-compassion](#)

Give yourself the same compassion you’d naturally show a friend when you’re struggling or feeling badly about yourself.



Practice [gratitude](#)

Recognizing the goodness in our lives and expressing appreciation to the people who are or have been part of the goodness can reduce stress, anxiety, and negative emotions.



Honor your ancestors

Draw on the [strength and wisdom](#) of those who came before you.



Use candles, indoor plants, incense, or essential oils to create calming and relaxing smells and atmospheres

- Lavender reduces stress, anxiety, and promotes relaxation.
 - [Snake plants](#) can help filter indoor air and can help regulate healthy airflow at night.
 - Some cultures burn [sage or palo santo](#) to cleanse spaces of negative or unwanted energy.
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Welcome an indoor plant into your home or space

Plants are known for their calming and relaxing qualities.



Practice a [body scan](#) meditation

Focus your attention on different parts of your body at a time and observe the sensations without judgement.



Practice [progressive muscle relaxation](#)

Systematically tense and relax different muscle groups in your body.