Some Thoughts on Post Election Self Care

There is no one way to face difficult times. How people choose to do self care is ultimately personal. With this in mind, the following are offered for your consideration.

**Acknowledge Feelings.** It is normal to have a variety of reactions in response to grief. Those around you may be moving through their feelings in different ways. Allow yourself to feel what you feel and don’t judge your personal experience or the experience of others.

**Be mindful of the value of routine and take good care of yourself.** Once the acute grief and shock have passed, many will find that attending to regular activities will be helpful, as will prioritizing basic self-care: eating good meals, getting adequate sleep, and letting yourself get some exercise.

**Assemble your support people.** Create your team of those of real, imaginary, fictional, famous, personal friends you want flanking you in support.

**Seek Community.** Allow yourself to remain connected to those around you and be buoyed by spending time with others. Attempt to find a balance between processing strong emotions and allowing a break from the intensity. Let yourself be distracted by a movie, spending time outside, or doing something you enjoy.

**Consider limiting your intake of news and social media.** If you feel distressed by what is in the media, give yourself permission to limit your consumption of Facebook, Twitter, etc.

**Take the long view.** Change and difficult times are inevitable parts of the human experience. Accept circumstances that cannot be changed even as you focus on changing what is possible.

**Clarify your values.** Use the week to decide what you really care about. Get involved with the people who are working on that. Sometimes when you feel powerless, it’s best to find ways to empower yourself and others.