

Election Day Care Plan

Healthy Coping Skills

- 1.
- 2.
- 3.

Gratitude

- 1.
- 2.
- 3.

Things to Limit

- 1.
- 2.
- 3.

Agencies to Donate to

- 1.
- 2.
- 3.

Things to Avoid

- 1.
- 2.
- 3.

Social Support

- 1.
- 2.
- 3.

Places to Go to Distract

- 1.
- 2.
- 3.

Things to Indulge

- 1.
- 2.
- 3.

Things to Look Forward to

- 1.
- 2.
- 3.

Things to Eat and Drink

- 1.
- 2.
- 3.

