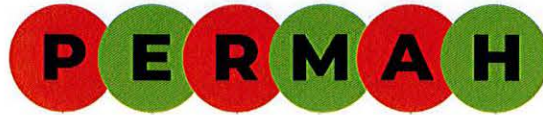


Wellbeing is our ability to *feel good, struggle well, and function effectively.*



PERMAH Tools for Wellbeing and Resilience During Election Season

- 1. Cultivate Gratitude and Compassion (*Positive Emotions*):** Try keeping a gratitude journal to note three things you appreciate each day. This practice shifts your focus to the positive. Pair it with an empathy exercise by writing a compassionate thought about someone you disagree with. This can foster positive emotions and make political conversations less overwhelming.
- 2. Mindful Media Consumption (*Engagement*):** Consider a media detox by limiting exposure to politically charged news and social media. Set a daily time limit for news consumption and seek balanced sources. When engaging with political content, pause before reacting. Mindful media consumption helps you feel more in control and reduces stress.
- 3. Fostering Respectful Dialogue (*Relationships*):** Practice active listening by making an effort to truly hear others' perspectives. Use phrases like "I hear you saying..." to promote respectful conversations, even with differing opinions. Engaging in civil dialogue strengthens relationships and enhances your overall wellbeing.
- 4. Reconnecting with Core Values (*Meaning*):** Reflect on your core values and how they shape your political beliefs. Consider what principles matter most to you, like kindness or integrity. Focusing on these values can provide clarity and meaning, helping you maintain balance amidst external noise.
- 5. Productive Civic Engagement (*Accomplishment*):** Create a civic action checklist with positive ways to engage in your community, such as volunteering or attending local meetings. Set achievable goals, like learning about a candidate's policies. Accomplishing these tasks fosters a sense of achievement and encourages constructive involvement.
- 6. Emotional Regulation and Self-Care Routine (*Health*):** Incorporate breathing techniques and self-care into your routine to manage stress. When feeling overwhelmed, take deep breaths or go for a short walk. Establishing a self-care routine, like spending time in nature, helps regulate emotions and builds resilience for challenging discussions.

