

Post-Election Empowerment Plan

This worksheet is designed to help you stay involved in the issues that are important to you as our civic duty does not stop at the ballot box and the impact of elections does not end once the outcome is certified.

I am feeling:

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

What are some strategies that will help me manage those emotions?

- exercise
- meditation
- spend time with friends
- time outdoors
- laughing
- unplug from social media
- spiritual practices
- listen to music
- journaling
- doing something creative
- counseling
- volunteering
- _____
- _____

What campus offices can help support me?

What is my plan to check in and support my friends, family and loved ones?

New/Re-elected Officials (find yours here):

President: _____
Vice President: _____
US Senator(s): _____
US Representative: _____
State Governor: _____
State Senator(s): _____
State Representative: _____
Local Officials (mayor, school board, etc.): _____

What is my plan to hold these elected officials accountable?

Have the needs of my community changed in light of the election? If so, how?

I am committed to remaining involved with the following causes or organizations:

What are some issues or topics I need to educate myself on? What is my plan to do that?

What are some ways I can use my special skills or talents to make a difference in the broader world?

What future would I like to see, and what steps am I taking today to ensure that future will happen?

I am motivated to become engaged by the following election outcomes:

Other post-election takeaways:

Additional Information & Resources

This guide is just to get you started thinking about how you can commit to and participate in lasting change, following the 2024 election. Should you want or need to explore additional resources, we have compiled this brief list and encourage you to reach out to faculty, staff, and campus offices for support.



Scan to access digital version of this document with clickable links and electronically fillable fields.

Suggested Post-Election Reading & Education

[Disarming Racial Microaggressions: Micro-intervention Strategies for Targets, White Allies, and Bystanders](#)

Journaling Topics to Reduce Stress, Spark Creativity, and Clarify Thoughts & Feelings

- *What am I grateful for today?*
- *If I'm feeling distress, what I can do to soothe myself?*
- *Select prompts from 8 questions that can help you survive election stress.*
- *Am I getting enough good news? If not, where can I find it?*

Resources for Boosting Self-Care

- [Eight Dimensions of Wellness](#)
- [Vice's Self-Care Tips for Black People Who Are Struggling](#)
- [Virtual Mind Spa - self-care tools compiled by OSU Counseling & Psychological Services](#)
- [On and Off-Campus Support Resources for BIPOC, LGBTQ+ and Veteran/Military-Connected Students](#)

Campus Resources

- [Community Engagement & Leadership](#) SEC 250 | cel@oregonstate.edu | 541-737-3041
Through engaging students in self exploration, community-engaged learning, direct service, and advocacy in the greater Corvallis community, CEL cultivates leaders and change-makers. They work to create more caring and equitable communities.
- [Counseling & Psychological Services](#) Snell 500 | caps@oregonstate.edu | 541-737-2131
A range of services to support student mental well-being, including 24/7 crisis counseling, support groups, Single Session Clinic, short-term counseling, and more.
- [Cultural Resource Centers](#) Dedicated to fostering an inclusive community at OSU that is committed to social justice and liberation for all people, regardless of racial/ethnic background, gender, sexual orientation, religion, socioeconomic class, age, and/or physical abilities.
- [Diversity & Cultural Engagement](#) SEC 306 | dce@oregonstate.edu | 541-737-9030
DCE is a platform for collaborating to build an inclusive, just community. Enriched by differences, their [programs and initiatives](#) empower students to develop multiple perspectives and foster self-awareness.
- [Comprehensive OSU Resources for Emotional Well-being, Physical Well-being, and Basic Needs](#)

Mental Health Crisis Resources

- OSU Counseling & Psychological Services: 24/7 Crisis Line 541-737-2131 or drop in Mon-Fri 10am to 4pm (10am to 3pm during breaks & summer)
- National Suicide & Crisis Lifeline: 988
 - Veterans/service members - select option 1*
 - Spanish speakers - select option 2*
 - LGBTQ+ callers under age 25 - select option 3*
 - Indigenous callers - select option 4*
- Crisis Text Line 741-741 - for a BIPOC counselor, text the word STEVE
- LGBT National Hotline: 888-843-4564
- Trevor Project (for LGBTQIA+ people ages 13-24): Call 866-488-7386 or text START to 678-678
- BlackLine: 800-604-5841 (BIPOC crisis line providing counseling, peer support, and peer support, using an LGBTQ+ Black Femme Lens.)