

Staying Grounded and Engaged in Turbulent Political Times

NAME: _____

DATE: _____



I will stay informed from these news sources:

I will consume news for no more than _____ minutes per day

Turn off news notifications

I will seek support from these people and resources:

I will take care of my body by:

Getting _____ hours of sleep each night

Participating in these physical activities:

Enjoying yummy, healthy foods like:



I will engage in these creative and social activities:

I will take these actions to support democracy and issues I care about:

- Contact my elected officials
- Read the U.S. Constitution
- Donate to organizations
- Volunteer in my community
- _____

I will gain new perspectives from these people and resources:

