PLEJ | PARTNERSHIP FOR LARGE ELECTION JURISDICTIONS

ISSUE GUIDE

Mindfulness for Election Officials

REST, REFUEL, REPEAT: BE YOUR BEST FOR THE REST

Election work is complex, and staying focused and calm under pressure is vital. Mindfulness helps you stay centered, sharpen your mental clarity, and reduce stress, allowing you to serve your community with confidence. By integrating simple mindfulness practices into your daily routine, you can better manage complex tasks, make sound decisions, and stay grounded under pressure (when you are needed most).

IN THIS RESOURCE

Partner Resources
Free Mindfulness Resources
Other Websites and Resources

PARTNER RESOURCES

CARTER CENTER MENTAL HEALTH GUIDE - This guide is designed to support the mental and physical health of election officials facing stress, burnout, and trauma. It provides practical strategies such as mindfulness, stress relief activities, and social support, alongside mental health resources, including screening tools and helplines.

THE ELECTIONS GROUP WELLNESS TOOLBOX - This "in a box" series on wellness is designed to empower election officials with practical tools and resources for maintaining well-being amidst the challenges of their roles. Each one-page document offers quick exercises, tips, and resources to promote self-care, build resilience, and manage stress during busy workdays.

THE U.S. ELECTION ASSISTANCE COMMISSION (EAC) - Provides crucial tools to support election officials in their work, reducing stress through preparedness and resilience. See their one-pager and visit the following pages:

- Election Official Security Page - Head to the "Self Care Section" for tips on stress management
- Personal Security and Mental Health - Includes best practices, training, and key contacts

FREE MINDFULNESS RESOURCES

INSIGHT TIMER
Access over 100K free guided meditations on stress relief, relaxation, and focus.

SMILING MIND
Mindfulness programs tailored to help you stay balanced through busy schedules.

Mindfulness for Election Officials

ISSUE GUIDE

FREE MINDFULNESS RESOURCES *CONTINUED*

HEALTHY MINDS
Blends science and meditation to boost resilience, focus, and emotional well-being.

CALM
Offers tools to help users manage stress, sleep better, and improve their mood.

UCLA MINDFUL
Research-based meditations designed to reduce stress and promote mental clarity.

5 MINUTE JOURNAL
Make yourself happier in five minutes a day with the guided gratitude journaling format.

OTHER WEBSITES AND RESOURCES

- **National Institute of Mental Health:** Self-Care Tips offers mental health resources and self-care strategies
- **Mindful.org:** Mindfulness Practices provides guided meditations, articles on mindfulness, and stress reduction tips.
- **Centers for Disease Control & Prevention (CDC):** Has tips for Coping with Stress, anxiety, and burnout.
- **Mental Health America (MHA):** Includes a list of available Warmlines across the country.
- **National Alliance on Mental Illness (NAMI):** Has a page dedicated to Support Group Networks.
- **Feedspot:** Has a recently updated list of the Top 59 Best Stress Podcasts.
- **Learn from the Pros:** See how the NBA (article 1/article 2), the NFL, and corporate leaders prioritize well-being.