

Rest, Refuel, Repeat: Be Your Best for the Rest

Why Mindfulness is Essential for Election Officials

Election work is complex, and staying focused and calm under pressure is vital. Mindfulness helps you stay centered, sharpen 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).

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 work days.



The U.S. Election Assistance Commission (EAC) provides crucial tools to support election officials in their work, reducing stress through preparedness and resilience. Here is a [one-pager](#) and visit their:

[Election Official Security Page](#) - Head to “Self Care Section” for helpful tips on stress mgmt
[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.



[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 Min 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 30 Best Stress Podcasts](#).
- **Learn from the Pros:** See how the **NBA** ([article 1](#)/[article 2](#)), the **NFL**, and [corporate leaders](#) prioritize well-being.