



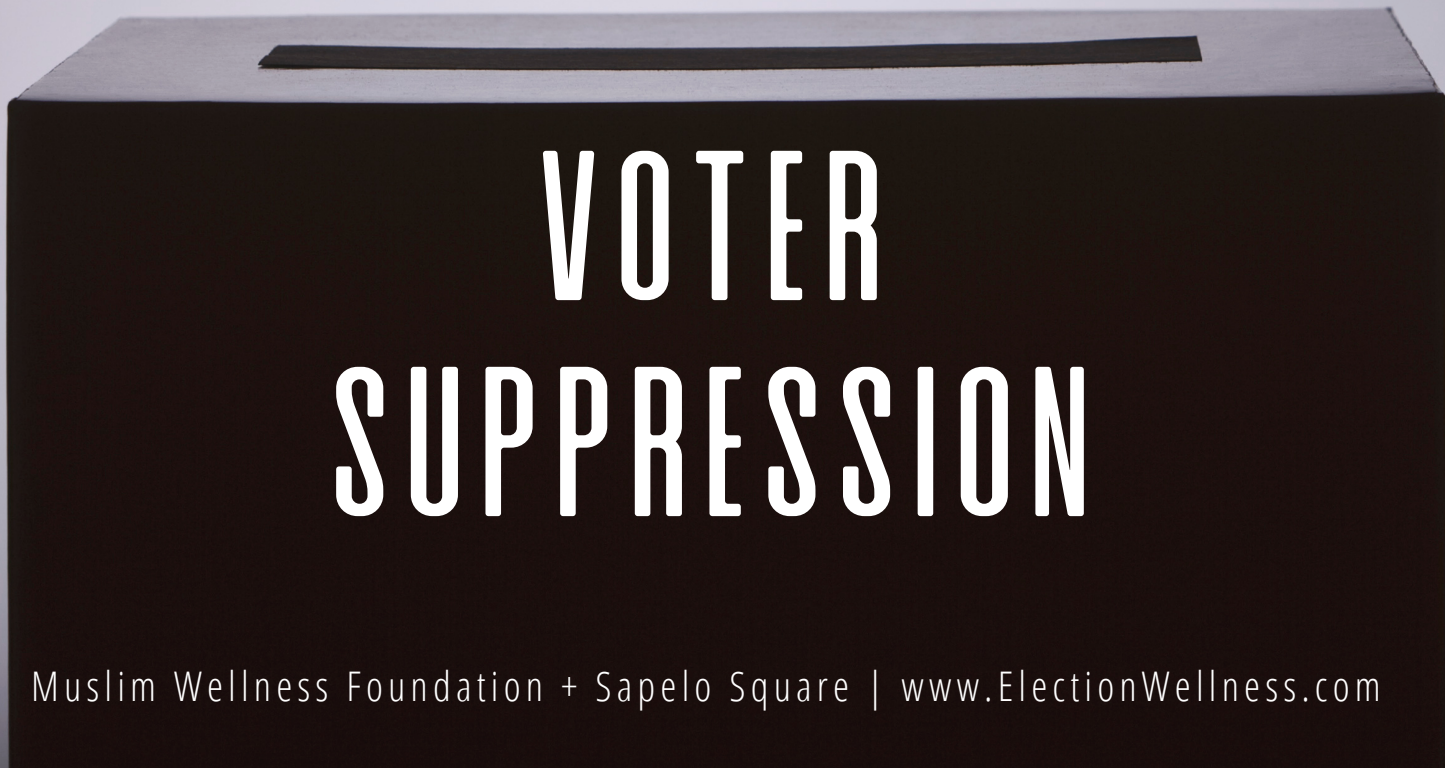
POLITICAL WELLNESS





POLITICAL WELLNESS

Political wellness is the ability to accurately and insightfully evaluate the questions of power that impact your life and make informed decisions.





ISSUE:

VOTER SUPPRESSION

From the closure of over 1600 polling places nationwide, to the removal of street mailboxes by the US Postal Service to Trump rallying his supporters to go to polling places and “watch very carefully” (a thinly veiled call for voter intimidation), the ability to vote and have that vote counted is under more of a threat than usual.



COMMUNITY CONCERN: VOTER SUPPRESSION

**"HOW DO I VOTE
SAFELY?"**



HAVE A VOTING PLAN



QUICK
TIP



CONFIRM YOUR REGISTRATION

Are you registered to vote?

CHOOSE HOW YOU WILL VOTE

Mail-in ballot?

Designated drop box?

In person (early voting or on Election Day)?

CONFIRM DEADLINES & LOCATIONS

When are mail-in ballots due?

Where is the drop box or polling place?



QUICK
TIP



PROBLEMS VOTING OR QUESTIONS?

Call the national, non-partisan Election Protection hotline:

English: 1-866-OUR-VOTE (1-866-687-8683)

Espanol: 1-888-VE-Y-VOTA (1-888-839-8682)

Arabic: 1-844-YALLA-US (1-844-925-5287)

Bengali, Cantonese, Hindi, Urdu, Korean, Mandarin,

Tagalog, or Vietnamese: 1-888-274-8683



QUICK
TIP



IF YOU HAVE VOTED...

And want to do more - you can help family,
friends, neighbors and others vote

Support non-partisan efforts to protect voters



QUICK
TIP



VOTER SUPPRESSION

REFLECTION

QUESTION

Why is voting
important to me,
regardless of the
outcome?
What do I need to do
to feel safe voting?



**CONTESTED
ELECTION**



ISSUE:

WHO WON THE ELECTION?

The transfer power from the outgoing US president to the incoming US president usually goes on without a hitch (even Gore ultimately accepted defeat in 2000). **However, all indications show that should the current president lose he will not accept defeat - or at least without a fight.** The US political system is far from perfect and while many of us want to see fundamental changes to it, that should be led by the people, not an individual in power.



COMMUNITY CONCERN: CONTESTED ELECTION

**"WHAT WILL A CONTESTED
ELECTION MEAN FOR ME, MY
FAMILY? COMMUNITY?"**



CONTESTED ELECTION?

Stay Calm and Stay Ready.



QUICK
TIP



CONTESTED ELECTION?

PREPARE YOURSELF MENTALLY FOR A CONTESTED ELECTION

The pandemic means many are choosing mail-in voting and as a result, **we will not know who won on election night and that's OK because all votes must be counted.** Know that any suggestions that this delay is the result of election fraud is meant to confuse and cause anxiety.



QUICK
TIP



CONTESTED ELECTION?

Be prepared to tell it like it is. If there is an attempt to illegally hold onto the presidency, call it what it is, illegal, a coup, undemocratic, etc. to avoid normalizing the abnormal.

Be prepared to use your voice to speak out or walk out. Have the numbers and emails of your local and state-level elected officials on hand to voice any concerns. Connect with your local community organizations to join community-led post-election responses.



QUICK
TIP



CONTESTED ELECTION

REFLECTION QUESTION

What do I need to
know and who do I
need to be connected
to now?



F A K E
N E W S



ISSUE:

FAKE NEWS

There is A LOT of information coming at us everyday. Sometimes the information is blatantly false, like the rumors the coronavirus came from 5G towers. Other times, the information is intentionally manipulated. For example, in the lead up to the 2016 presidential elections, fake websites, fake social media accounts representing fake organizations were to mislead voters.



COMMUNITY CONCERN: FAKE NEWS

**"HOW DO I KNOW WHAT I'M
SEEING...IN MY FACEBOOK
FEED...WHATSAPP MESSAGE..GOOGLE
SEARCH, ETC. IS ACCURATE?"**



Fake News

TREAT THE NEWS LIKE HADITH

CONSIDER YOUR SOURCES

Who is sharing the information?

CONSIDER THE CONTENT

Does the information make sense?

CONSIDER YOUR ROLE

Confirm information before sharing



QUICK
TIP



Fake News

CONSIDER ONLY A FEW

Identify the people trust for information from and stick listening to them during this election season

CONSIDER A BREAK

Step away from the media fray consistently so you don't get so overwhelmed



QUICK
TIP



FAKE NEWS

REFLECTION QUESTION

Who are the folks,
friends, families,
teachers, that you
usually feel confident
are sharing accurate
information?

Muslim Wellness Foundation + Sapelo Square

ELECTION WELLNESS TOOLKIT

www.ElectionWellness.com

ABOUT US



Muslim Wellness
F O U N D A T I O N

Muslim Wellness Foundation (MWF) is a nonprofit 501(c)3 organization dedicated to promoting healing and emotional well-being in the American Muslim community through dialogue, education and training.

www.muslimwellness.com

Email: info@muslimwellness.com

Follow on Twitter & IG: @MWFNational and FB: Muslim Wellness

Sapelo

Sapelo Square is an online resource and award-winning publication on Black Muslims in the United States that creates new understandings of who they are, what they have done, and why that matters.

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