

Post-Verdict Empowerment Plan

This worksheet is designed to help you stay involved in the issues that are important to you.

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 these emotions?

- exercise
- meditation
- spend time with friends
- time outdoors
- laugh
- unplug from social media
- spiritual practices
- _____
- listen to music
- journal
- get creative
- cook
- counseling
- volunteer (*following the CCE COVID-19 Guidelines*)
- _____
- _____

What campus offices can help support me? What spaces are capable of holding space for my emotions?

What is my plan to check-in on and support my friends, family, and community?

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

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

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

What are some new 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 make that future happen?

Other post-verdict takeaways:



Additional Info and Resources

This guide is just to get you started thinking about how you can commit to and participate in lasting change.. 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.

Suggested Reading & Education

- [CC Resources on responding to current events](#)
- [Disarming Racial Microaggressions: Microintervention Strategies for Targets, White Allies, and Bystanders](#)

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

- What's happening in my body and mind today? What am I grateful for today?
- If I'm feeling distress, what can I do to soothe myself?
- Am I getting enough good news? If not, where can I find it?
Select Prompts from [Eight Questions That Can Help You Survive Election Stress](#)
- [Combined Journaling Topics](#) compiled by the WRC
- [General Journaling Resources](#) from the WRC
- [Wellness support for BIPOC Communities](#)

Self-Care Resources

- [Types of Self-Care & Domains of Wellness](#)
- [Identifying Emotional Signs Worksheet](#)
- [Vice's Self-Care Tips for Black People Who Are Struggling](#)
- [Additional Self-Care Resources compiled by the WRC](#)
- [Spiritual Life Support & Resources on Antiracism](#)

Select Campus Support Resources (a more comprehensive list is [provided online](#))

- **The Butler Center:** butlercenter@coloradocollege.edu; (719) 389 6338
 - individual student support for minoritized populations, social justice/antiracism workshops, programs, and trainings
- **The Chaplain's Office:** chaplainsoffice@coloradocollege.edu; (719) 389-6638
 - Individual student support, spiritual, religious, contemplative practices, programs & events
- **Collaborative for Community Engagement:** cce@coloradocollege.edu; (719) 389-6846
 - connect with the local community and get involved with issues
- **Counseling Center:** 719-389-6093; counselingcenter@coloradocollege.edu
 - Access 24/7 crisis and support services after hours and on the weekends by calling the Counseling Center at 719-389-6093, and then pressing 2. OR, call Campus Safety.
- **International Student & Scholar Services:** iss@coloradocollege.edu; (719) 389 6024
 - Advising and interpretation of U.S. government regulations for students with an F-1 or J-1 visa
- **Wellness Resource Center**
 - Handouts, videos, and other on-line resources as well as workshops and student support

National Crisis Mental Health Resources

- STEVE Fund Crisis Text Service for BIPOC students. Text STEVE to 741741
- ULifeLine Crisis Line: Call 800-273-TALK
- ULifeLine Crisis Text Services: Text START to 741-741
- National Suicide Prevention Lifeline: Call 800-273-8255
- Trans Lifeline, peer support service run by trans people, for trans and questioning callers: 877-565-8860
- The Trevor Project, a suicide prevention and crisis intervention org for LGBTQ youth: 866-488-7386