

HOW TO TURN EMOTION INTO ACTION DURING CIVIC MOMENTS

A nonpartisan guide to community care, dialogue and engagement in moments of change.

1

Take the time to process your emotions.

Your feelings are valid. Take a deep breath and care for yourself as needed. For extra support, reach out to Habif Health and Wellness Center or use TimelyCare. Writing and making art can also help you process these feelings.

2

Check in on your friends and classmates.

If anyone you know could be directly impacted, reach out to make sure they are alright. Connecting with friends to discuss the issue will build community and enhance our collective wellness.

3

Follow reputable news sources.

Stay informed of current events and analysis by paying attention to the news. Whether you read, listen, or watch, try to diversify your sources of information and use your critical thinking and media literacy skills. It's also ok and healthy to take media breaks.

4

Listen, learn, and dialogue.

Every issue has nuances, implications, and perspectives that may not be readily apparent. Listen to others with curiosity and empathy. Seek out insights and analysis to deepen your understanding. Engage others in discussion about what matters to you and why.

 Washington University in St. Louis

GEPHARDT INSTITUTE FOR
CIVIC AND COMMUNITY ENGAGEMENT

gephardtinstitute.wustl.edu

HOW TO TURN EMOTION INTO ACTION DURING CIVIC MOMENTS

A nonpartisan guide to community care, dialogue and engagement in moments of change.

5

Find a student group that is involved with the issue.

There are over 450 student groups registered on campus. Search WUGO to find a relevant group. Follow them on social, re-share their content, and attend a meeting or event to get involved.

6

Engage with local community groups and national organizations.

St. Louis is home to thousands of organizations, efforts, and passionate citizens. Research local community groups and engage with them. Social media can help you find out about opportunities for action in your community. Consider making a financial contribution, following newsletters and social media, and becoming a member as first steps to engagement.

7

Make your voice heard.

Let your representatives know what you think. Make calls, send emails, set up meetings, and contact them through social media to advocate for your issue. You can also sign petitions, participate in protests and other public events, or initiate your own efforts.

8

Vote in every election.

Register to vote with your current address. It's easy with wustl.turbovote.org. Every civic moment has roots within our electoral process. Your vote is important. Local and state elections have great relevance, so it's important to stay informed and engaged in all election cycles.

 Washington University in St. Louis

GEPHARDT INSTITUTE FOR
CIVIC AND COMMUNITY ENGAGEMENT

gephardtinstitute.wustl.edu