

Post-Election Resources for Families, Youth and Nonprofits

Families & Youth

Talking to Young Children about the Presidential Campaign

<https://self-reg.ca/2016/11/11/talking-young-children-presidential-campaign/>

4 Key Messages Your Children Need to Hear the Day after the Election

http://www.huffingtonpost.com/entry/the-day-after-the-election-4-key-messages-your-children_us_5822b331e4b044f827a794c5

Experts Weigh In: How to Talk to Your Kids about the Election Results

http://www.today.com/parents/how-talk-your-kids-about-election-results-t104827?cid=sm_fbn

Expanding Your Child's Circle of Concern

http://www.pbs.org/parents/expert-tips-advice/2015/12/expanding-childs-circle-concern/?utm_source=facebook&utm_medium=pbsofficial&utm_campaign=parents_expert

5 Post-Election Parenting Tips to Practice Now

<http://www.bostonglobe.com/lifestyle/2016/11/09/post-election-parenting-tips-practice-now/1OuYAeSDAV5vXRAOostSMM/amp.html>

'I'm Going to Reassure Them That They are Safe': Talking to Students After the Election

<http://neatoday.org/2016/11/09/talking-to-students-about-election/>

Here is How LGBTQ People Can Protect Themselves Before Trump Takes Office

http://www.huffingtonpost.com/entry/things-lgbtq-people-need-trump_us_5828d81be4b0c4b63b0d2f12?ncid=fbklnkushpmsg00000063

Need Help After the Election? These Mental Health Resources Are Completely Free of Cost

<http://www.refinery29.com/2016/11/129276/mental-health-resources-post-election-crisis-hotline>

How to Talk to People You Disagree With

<http://ed.ted.com/featured/XNDvgIYd>

Tools for Table Talk

<http://www.jacquijlewis.com/blog/table-talk>

We Are With You: Resources for the LGBTQ Community in Time of Need

<http://www.hrc.org/blog/we-are-with-you-resources-for-the-lgbtq-community-in-a-time-of-need>

The National Child Traumatic Stress Network

<http://www.nctsn.org/>

The logo for Fredla, featuring the word "fredla" in a blue, lowercase, sans-serif font. A yellow brushstroke underline is positioned beneath the letters "redla".

Family-Run Executive Director Leadership Association

www.fredla.org

Child Psychiatrists: If Kid's Are Feeling Anxious after Election, How to Help

<http://www.wbur.org/commonhealth/2016/11/10/parents-talk-to-kids-trump-anxiety>

Grief

Grief & Loss after the Election

<http://psychcentral.com/blog/archives/2016/11/10/grief-loss-after-the-election/>

Post-Election Grief is Real; Here's What You Can Do About It

http://www.huffingtonpost.com/entry/post-election-grief-is-real-heres-what-you-can-do_us_58236ae0e4b0102262412051?

Self-Care/Coping Resources

101 Ways to Take Care of Yourself When the World Feels Overwhelming

<http://www.upworthy.com/101-self-care-suggestions-for-when-it-all-feels-like-too-much?c=ufb4>

If You're Overwhelmed by the Election, Here's What You Can Do Now

http://www.huffingtonpost.com/entry/if-youre-overwhelmed-by-the-election-heres-what-you-can-do-now_us_5822c7d0e4b0e80b02cdf133?

How to Cope with Post-Election Stress

<http://www.theatlantic.com/health/archive/2016/11/how-to-cope-with-post-election-stress/507296/>

Expert's Coping Tips: The Election is Over But the Stress Is Not

<http://www.wbur.org/commonhealth/2016/11/11/election-stress-coping>

What Fear Does to Your Brain – And How to Stop It

http://bigthink.com/laurie-vazquez/what-fear-does-to-your-brain-and-how-to-stop-it?utm_source=Facebook&utm_medium=Social&utm_campaign=Echobox&link_time=1478883870

Nonprofits ~ Articles from Nonprofit Quarterly (NPQ)

https://nonprofitquarterly.org/2016/11/10/pausing-acknowledge-election-related-trauma-workplace/?utm_source=Daily+Newswire&utm_campaign=f1cee91d29-EMAIL_CAMPAIGN_2016_11_7&utm_medium=email&utm_term=0_94063a1d17-f1cee91d29-12411805

<https://nonprofitquarterly.org/2016/11/09/donald-trump-four-things-nonprofits-must-consider-on-the-day-after-election/>



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Nonprofits ~ Articles from Nonprofit Quarterly (NPQ) ~ continued

https://nonprofitquarterly.org/2016/11/14/immediate-risk-executive-orders-regulations-affect-work-nonprofits/?utm_source=Daily+Newswire&utm_campaign=9b76048b46-EMAIL_CAMPAIGN_2016_11_7&utm_medium=email&utm_term=0_94063a1d17-9b76048b46-12411805

<https://nonprofitquarterly.org/2016/11/11/will-donald-trump-find-policy-agenda/>

https://nonprofitquarterly.org/2016/11/16/turbulence-ahead-10-questions-nonprofit-boards-urgently-ask-answer/?utm_source=Daily+Newswire&utm_campaign=a6f261a23b-EMAIL_CAMPAIGN_2016_11_11&utm_medium=email&utm_term=0_94063a1d17-a6f261a23b-12298729

Ted Talk

Can a Divided America Heal?

http://www.ted.com/talks/jonathan_haidt_can_a_divided_america_heal?utm_campaign=social&utm_medium=referral&utm_source=facebook.com&utm_content=talk&utm_term=global-social%20issues

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