

Muslim Wellness Foundation + Sapelo Square

ELECTION WELLNESS TOOLKIT

www.ElectionWellness.com

ELECTION WELLNESS TOOLKIT – FINANCIAL



CLOSED



FINANCIAL WELLNESS

Financial wellness consists of a clear understanding of the economic pressures you are facing, any opportunities before you and devising plans in coordination with family and community to address them.



ISSUE:

RENT IS TOO DAMN HIGH

In addition to our health, the COVID-19 pandemic has put a great financial burden on families and communities. For those communities already stressed by income inequality, this burden exacerbates financial concerns. Moreover, the current election season brings more potential instability for the economy.



RENT IS TOO DAMN HIGH

**HOW WILL I
MAKE ENDS MEET?"**



RENT IS TOO DAMN HIGH

INVEST IN MUTUAL AID:

mutual aid is practice of cooperation within a local community as a way of meeting the entire community's needs. It is based on the belief that **we got what we need, because we got each other.**



QUICK
TIP



RENT IS TOO DAMN HIGH

ASK FOR SUPPORT WITHOUT SHAME:

If you are struggling financially, it is not your fault. It is the result of decisions made by people and institutions who value profit over people. If you need support, seek it out, without shame.



QUICK
TIP



RENT IS TOO DAMN HIGH

LEARN ABOUT WHAT'S GOING ON IN YOUR HOUSE AND YOUR 'HOOD:

Reach out to folks (family, friends, leaders) to learn what people need, where they are getting from and where they are being denied.



QUICK
TIP



RENT IS TOO DAMN HIGH

ADVOCATE FOR YOURSELF AND YOUR NEIGHBORS:

Decisions regarding evictions, access to health care, affordable housing, etc. are made by elected officials on the local and federal level. Identify the needs in your community and call on local and federal officials to provide more relief.



QUICK
TIP



RENT IS TOO DAMN HIGH

JOIN AN ORGANIZATION SUPPORT THE ORGANIZERS:

Sustainable and long-lasting **financial wellness for all will take organizing**. There are a lot of ways to get involved from movements to reclaim housing to movements to end debt. Join an organization or support one in any way you can.



QUICK
TIP



RENT IS TOO DAMN HIGH

REFLECTION QUESTION

What kind of resources do I need to make ends meet? What kind of resources can I offer to support others' make ends meet?

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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