

Muslim Wellness Foundation + Sapelo Square Presents:

ELECTION WELLNESS TOOLKIT

www.ElectionWellness.com

Sapelo

Muslim Wellness
FOUNDATION

FINANCIAL WELLNESS

A photograph of a window with a white frame. A white rectangular sign with a black border hangs from the top of the window by two white strings. The sign has the word "CLOSED" written in black capital letters. The window glass is dark and reflects the surrounding environment.

CLOSED

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. It includes recognizing the psychological, physical, and spiritual aspects of your relationship with finance and understanding financial processes related to savings, income, and debt, while utilizing resources, including mutual aid, to achieve long-term financial wellness for self and society.

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ISSUE: RENT IS TOO DAMN HIGH

In addition to our health, 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 in the economy.

CONCERN:

"How will I make ends meet?"

Make noise about what you need or get behind those who are making noise. And remember seeking food assistance or any assistance is an act of self-care and self-love.

—Sultana Ocasio



SUGGESTIONS:

- **Invest in Mutual Aid:** mutual aid is practice of cooperation within a local community as a means of meeting the entire community's needs. Mutual aid is already pretty common in our communities - when we watch each other's kids or deliver prepared meals to a grieving family. Mutual aid does not require us to be experts or have all the answers but is based on the belief that **we got what we need, because we got each other**. For more specifics see: [Mutual Aid 101 Toolkit](#)
- **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 paying rent, buying food, getting health care, transportation and other needs, seek it out, without shame. Follow the social media of the food banks and organizations in your area to find out what they're up to or if they're doing special distributions. Tell them if you're looking for diapers, feminine hygiene products, or halal food. Their responsiveness is a reflection of their client focus.
- 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.

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SUGGESTIONS CONTINUED:

- **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.
- **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.

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?

MORE INFORMATION:

[Grassroots Demands for a Just COVID-19 response](#)

[Eviction lab keeps track of eviction policies in each state](#)

[Wide-Ranging Disparities of COVID-19 in the US](#)

Find or Provide Support:

- [Find Your Representatives](#)
- [Survival Guide for COVID-19 Medical Debt](#)
- [RIP Medical Debt](#)
- [Muslim Debt Collectors](#)
- [Find a Food Pantry](#)
- [United Way in the US](#)

ABOUT US



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 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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