



Want to Feel Better? Go Vote

You might be (and probably are) skeptical about whether your vote makes a difference at all. It does. And if you don't believe that, think about it this way -- you sure won't have any influence at all if you never let your elected officials know what you think.

The first step in that process is voting. The next steps are encouraging others to get involved. Following are some ideas for doing so.

1. **Register to Vote:** OK, you've already got that one down, right? If not, go to <https://vote.usa.gov/> or <https://www.vote.org/register-to-vote/> to register in your state – that's it!
2. **Encourage Others to Register:** Democracy is not a spectator sport, and you can play a critical role in making sure others understand that as well. Include a voter registration link in your e-mail signature. Tweet. Post. Chat. Send carrier pigeons. Do whatever you can to get others engaged. The message? Go register. Go vote.
3. **Review the Candidates and Make Decisions:** Once you're registered, you'll receive a voter guide before the election. Review that guide carefully before Election Day and make decisions about which candidates you think best reflect your views. You may also want to discuss these issues with friends, review the local papers or review the candidates' websites and campaign materials to help you make an informed decision.
4. **Show your Love:** Yard signs, stickers, magnets, pins, t-shirts - all of these are ways to show your support for a specific candidate. Just call the campaign and ask for materials. But be respectful of others' opinions, and don't go remove yard signs from other yards.
5. **Volunteer:** If you strongly support one candidate, consider volunteering. Those candidates need people to make calls, knock on doors, and distribute flyers. Sometimes they just need a shoulder to cry on. You can help.
6. **GOTV:** For the uninitiated, GOTV stands for "Get Out The Vote" and it's an important component of any election effort. The "old-fashioned" (and still viable) ways of getting the vote out include handing out flyers, making calls to registered voters (lists are available from local party organizations and/or the local board of elections), helping people get to the polls, and partnering with popular gathering places like malls and churches to help spread the word. You can also use social media to get others engaged. Your favorite candidate will likely have a Facebook profile picture you can use.

Even if you try just one of these options, you're making a huge difference. So get out there, vote early and vote often. Or maybe just early.