

From: MIT Center for WorkLife and WellBeing worklife-seminars@mit.edu
Subject: Upcoming Virtual Workshops for Coping with Pre- and Post-Election Stress
Date: October 16, 2020 at 5:27 PM
To: FISHERP@MIT.EDU



Dear Colleagues,

For many, the upcoming U.S. election is causing anxiety and distraction. In fact, according to the American Psychological Association, around [68% of adults in the U.S.](#) consider the 2020 election to be a significant source of stress.

We invite you to join our pre- and post-election virtual workshops to gain information, strategies, and resources that will help you cope with election-related stress. These 90-minute workshops were developed by leading corporate psychologists and will include a combination of lectures, discussions, non-political exercises, and mindfulness practice.

Pre-Election Stress: Your Feelings Are Justified

Presenter: [Rahul Kulkarni](#), M.P.H., M.B.A.; CEO and Co-Founder, [Sukhi](#)

During this session, you will learn how to cope with election-related stress and engage in peaceful political disagreement. Topics will include:

- Exploring common pitfalls, including worry, catastrophizing, and using social media
- Creating shared moral grounding amidst rising political polarization and identity politics
- Developing a coping plan using mindfulness techniques

This pre-election workshop will be offered during the following dates and times:

- Friday, October 23, 2020 | 9:00 – 10:30 a.m.
- Monday, October 26, 2020 | 12:00 – 1:30 p.m.
- Monday, November 2, 2020 | 9:00 – 10:30 a.m.

[Register](#)

Post-Election Stress: Finding Acceptance Amidst Uncertainty

Presenter: [Rahul Kulkarni](#), M.P.H., M.B.A.; CEO and Co-Founder, [Sukhi](#)

While we can't control the outcome of the election after the final votes are counted, we can learn to effectively cope with lingering negative emotions. This webinar will use practical based techniques to help attendees:

- Build psychological flexibility regardless of the political outcomes
- Apply mindfulness and cognitive behavioral frameworks to foster grit and acceptance
- Develop strategies for working through uncertainty

This post-election workshop will be offered during the following dates and times:

- Wednesday, November 4, 2020 | 12:00 – 1:30 p.m.
- Friday, November 6, 2020 | 9:00 – 10:30 a.m.
- Monday, November 9, 2020 | 3:30 – 5:00 p.m.

[Register](#)

We hope that you can join us for one or both of these engaging sessions. Please reach out to us at worklife@mit.edu or 617-253-1592 if you have any questions.

Sincerely,

The Center for WorkLife and WellBeing
MIT Human Resources

