

From: MIT Center for WorkLife and WellBeing worklife-seminars@mit.edu
Subject: A New, Timely Workshop Series
Date: January 15, 2021 at 10:52 AM
To: FISHERP@MIT.EDU



Dear Colleagues,

Many of us at MIT are struggling with both unrelenting pandemic-related challenges and the aftermath of the events that occurred at the U.S. Capitol last week. We invite you to join us for one or both of two new and timely workshops, which will focus on honoring the emotional experiences of the MIT community and cultivating personal wellbeing in the context of recent political turmoil.

Coping with Politically Charged Trauma

Wednesday, January 20, 2021 | 9:00 am – 10:30 am

Presenter: [Kelley Bonner](#), L.C.S.W., M.A.; Founder, [Burn Bright](#)

As news of political division, violence, and social injustice continues to bombard us in rapid succession, many of us are grappling with how to process all that we are taking in. As a result, we may feel overwhelmed, helpless, and afraid. This workshop will focus on mitigating the traumatic impact of disturbing news events, and will provide specific steps you can take to be a positive change agent without exhausting your physical and mental wellbeing. You will learn:

- Science-based information on the physical and psychological impacts of exposure to traumatic news, divisive politics, or acts of violence;
- Self-care strategies to help you cope, such as mindset shifting, community building, and practices to relax your body and mind; and
- Ways to shift fear-based thinking and behavior into healthy and meaningful societal contributions.

[Register](#)

Psychological Flexibility Amidst Political Turmoil: A Path Towards Acceptance

Thursday, January 21, 2021 | 12:00 pm – 1:30 pm

Monday, January 25, 2021 | 9:00 am – 10:30 am

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

Following recent emotionally charged political events, many of us are living in a state of anxiety. Although we can't control what comes next, we **can learn** to let go of lingering anger and fear. This doesn't mean giving up or turning a blind eye to injustice or violence,

but rather releasing the power that destructive emotions hold over our daily lives and overall wellbeing. This workshop will provide a moderated space to share and discuss reactions to political events and will help attendees:

- Understand the science of anger and aggression, including social-emotional learning techniques to recognize and diffuse these responses;
- Apply the concepts of psychological flexibility and radical acceptance to avoid destructive thoughts and behaviors, regardless of external circumstances; and
- Develop strategies for building resilience, patience, and grit in the face of the violence, friction, and uncertainty that populate global headlines.

[Register](#)

We hope that you can join us for one or both of these 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



