



ANCHORED IN ADVERSITY

USING THE TIMELESS WISDOM OF STOICISM
TO MASTER **ELECTION ANXIETY**

BY JENNIFER WALKER GATES
<https://jenniferwalkergates.coach>



1

How long have you been
practicing **immigration law**?

1. 0 to 5 years?

2. 5 to 10 years?

3. 10 to 20 years?

4. +20 years?

2

"Voter Suppression Allegations Spark Protests Across Key States"

"Razor-Thin Margins in Battleground States Could Lead to Weeks of Uncertainty"

"Misinformation Surges as Election Day Approaches"

"Electoral College Could Override Popular Vote for 3rd Time This Century"



3

"Immigration Policies at Risk After November"

"Immigration Court Backlogs to Surge Based on Election Results"

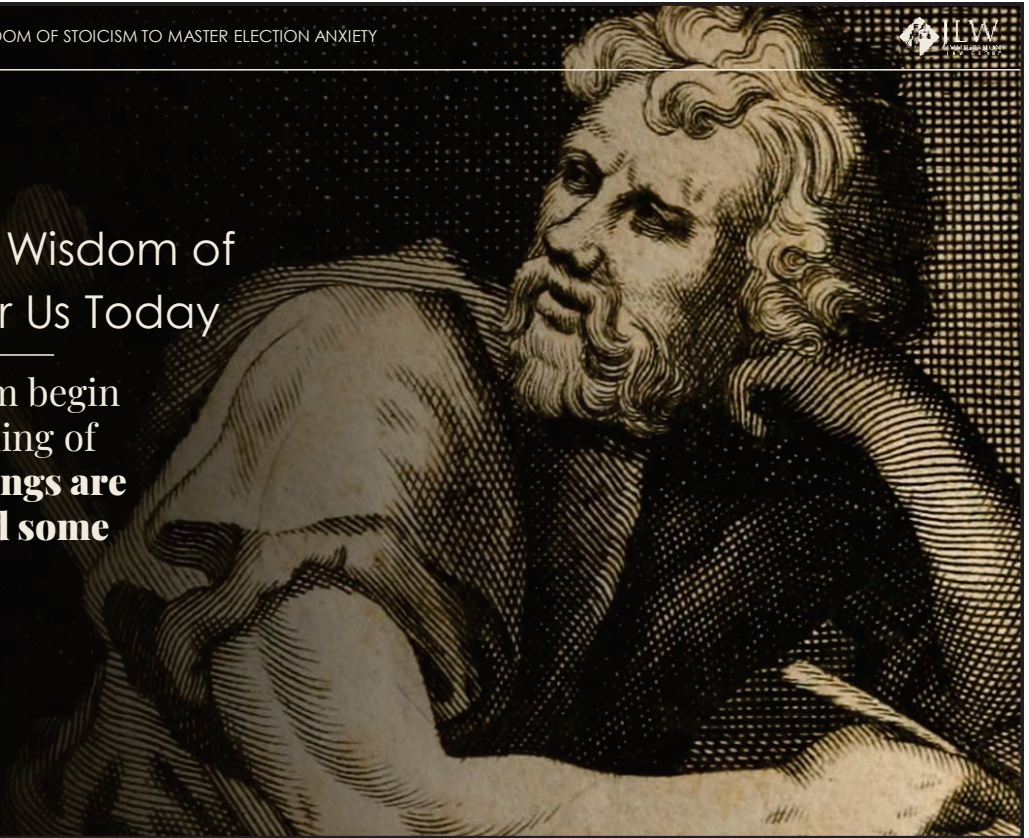
"Thousands of Families Face Deportation as Election Approaches"

4

What the Ancient Wisdom of Stoicism Can Offer Us Today

“Happiness and freedom begin with a clear understanding of one principle: **Some things are within our control, and some things are not.**”

—Epictetus



5

Grant me the serenity to
Accept the things I cannot change
Courage to change the things I can, and
Wisdom to know the difference.

6

Find the full text of this and thousands of other resources from leading experts in dozens of legal practice areas in the [UT Law CLE eLibrary \(utcle.org/elibrary\)](https://utcle.org/elibrary)

Title search: Dealing with Election Anxiety

Also available as part of the eCourse

[2024 eConference on Immigration and Nationality Law](#)

First appeared as part of the conference materials for the
48th Annual Conference on Immigration and Nationality Law session
"Dealing with Election Anxiety"