



# ANCHORED IN ADVERSITY

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

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



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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"



**"Immigration Policies at Risk** After November"

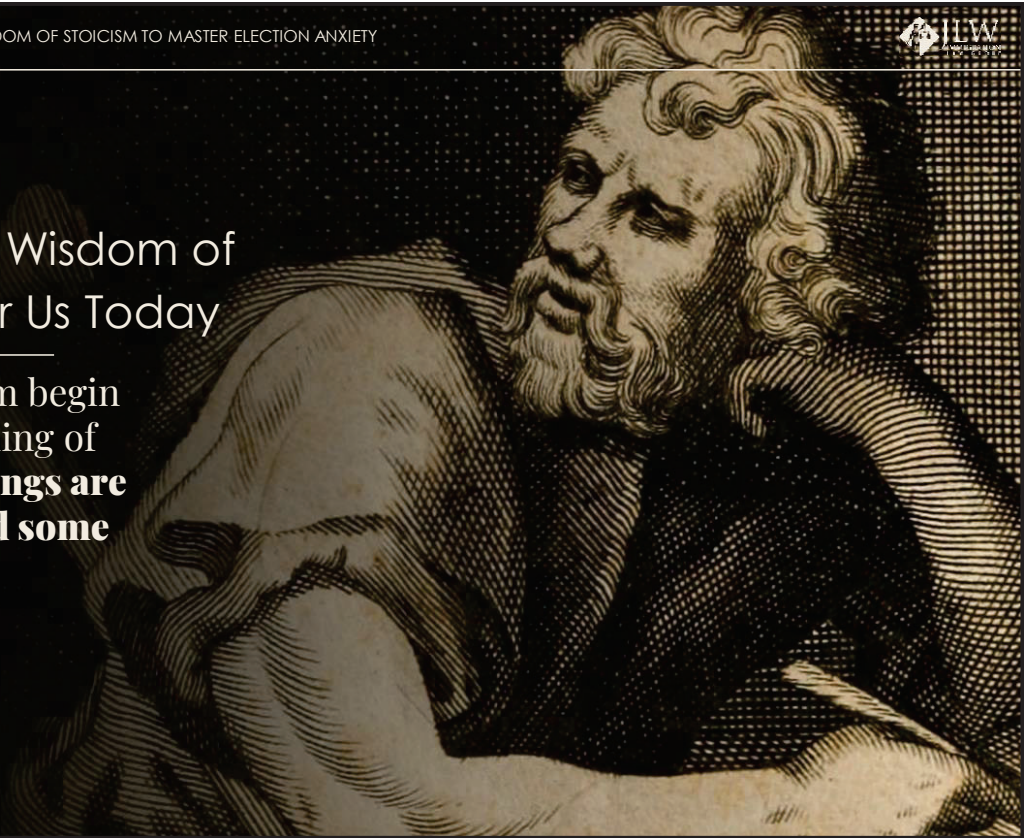
**"Immigration Court Backlogs to Surge** Based on Election Results"

**"Thousands of Families Face Deportation** as Election Approaches"

## 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

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## Title search: Dealing with Election Anxiety

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48<sup>th</sup> Annual Conference on Immigration and Nationality Law session  
"Dealing with Election Anxiety"