



ANCHORED IN ADVERSITY

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

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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"



3

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

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

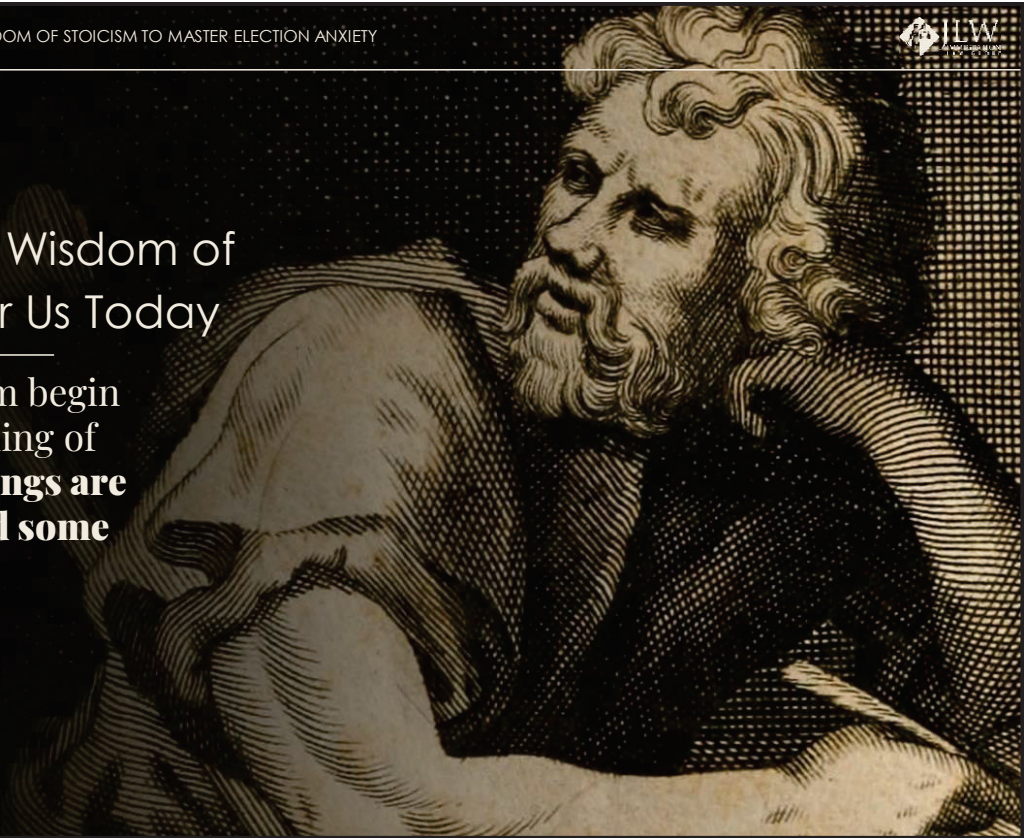
"**Thousands of Families Face Deportation** as Election Approaches"

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

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Title search: Dealing with Election Anxiety

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