

IS YOUR MENTAL HEALTH



# ELECTION READY?

GET YOUR STRESS IN CHECK 

## Election Stress Management: Recognizing Signs and Effective Coping Strategies

Dr. Michelle Patriquin | September 17, 1:00 - 2:00 PM ET

## Election Stress / Getting Along: Communicating with Respect and Understanding

Dr. Allison Briscoe-Smith | October 1, 1:00 - 2:00 PM ET

## Election Stress / Navigating Uncertainty: Coping Strategies for Dealing with the Uncontrollable

Dr. Elizabeth McIngvale | October 10, 1:00 - 2:00 PM ET

## Post-Election Stress & Coming Back Together

Jackie Reese, MA, LPC-S, CTM | November 6, 1:00 - 2:00 PM ET

This series adheres to the Hatch Act. All content is nonpartisan and does not engage in political endorsements, with a primary focus on providing strategies for managing stress and anxiety related to the election process.

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## Election Stress Management: Recognizing Signs and Effective Coping Strategies

**Dr. Michelle Patriquin | September 17, 1:00 - 2:00 PM ET**



Dr. Michelle Patriquin, ABPP, will provide insights into recognizing and managing anxiety and stress related to politics and elections. Attendees will learn effective coping strategies to deal with political stress during and after the election season. Dr. Patriquin is the Director of Research and a Senior Psychologist at The Menninger Clinic and an Associate Professor in the Department of Psychiatry and Behavioral Sciences at Baylor College of Medicine. Join us to discover practical tips and best practices to enhance your well-being during this critical time.

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## Election Stress / Getting Along: Communicating with Respect and Understanding

**Dr. Allison Briscoe-Smith | October 1, 1:00 - 2:00 PM ET**



Dr. Allison Briscoe-Smith will explore how to foster respectful and understanding communication in the face of election-related stress. With a background in trauma and ethnic minority mental health, Dr. Briscoe-Smith will share insights on bridging differences and creating spaces of healing and belonging. As the Diversity Lead of Student Life at the University of Washington and a Senior Fellow at UC Berkeley's Greater Good Science Center, she focuses on connecting across our differences. Join us to learn effective communication strategies that promote empathy and collaboration in politically charged environments.

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## Election Stress / Navigating Uncertainty: Coping Strategies for Dealing with the Uncontrollable

**Dr. Elizabeth McIngvale | October 10, 1:00 - 2:00 PM ET**



Join Dr. Elizabeth McIngvale, LCSW, Director of the McLean OCD Institute at Houston, for a presentation on coping with election-related uncertainty. With a clinical focus on OCD and anxiety disorders, Dr. McIngvale will provide practical strategies to manage the uncontrollable aspects of political stress. As the founder of the Peace of Mind Foundation and an advocate for mental health, she brings extensive expertise and passion to the conversation. Join us to learn how to navigate uncertainty with resilience and maintain your mental well-being during challenging times.

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## Post-Election Stress & Coming Back Together

Jackie Reese, MA, LPC-S, CTM | November 6, 1:00 - 2:00 PM ET



Join Jackie Reese, MA, LPC-S, CTM for a discussion on overcoming divisiveness in today's sociopolitical climate. Jackie will explore how to navigate differing viewpoints with civility and mutual respect, offering practical strategies to foster a positive and unified workplace culture. As the Director of the JSC / WSTF Employee Assistance Program with 28 years of experience, Jackie brings a wealth of knowledge in building and maintaining constructive environments. Join us to discover ways to strengthen unity and enhance collaboration in your work setting.

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