



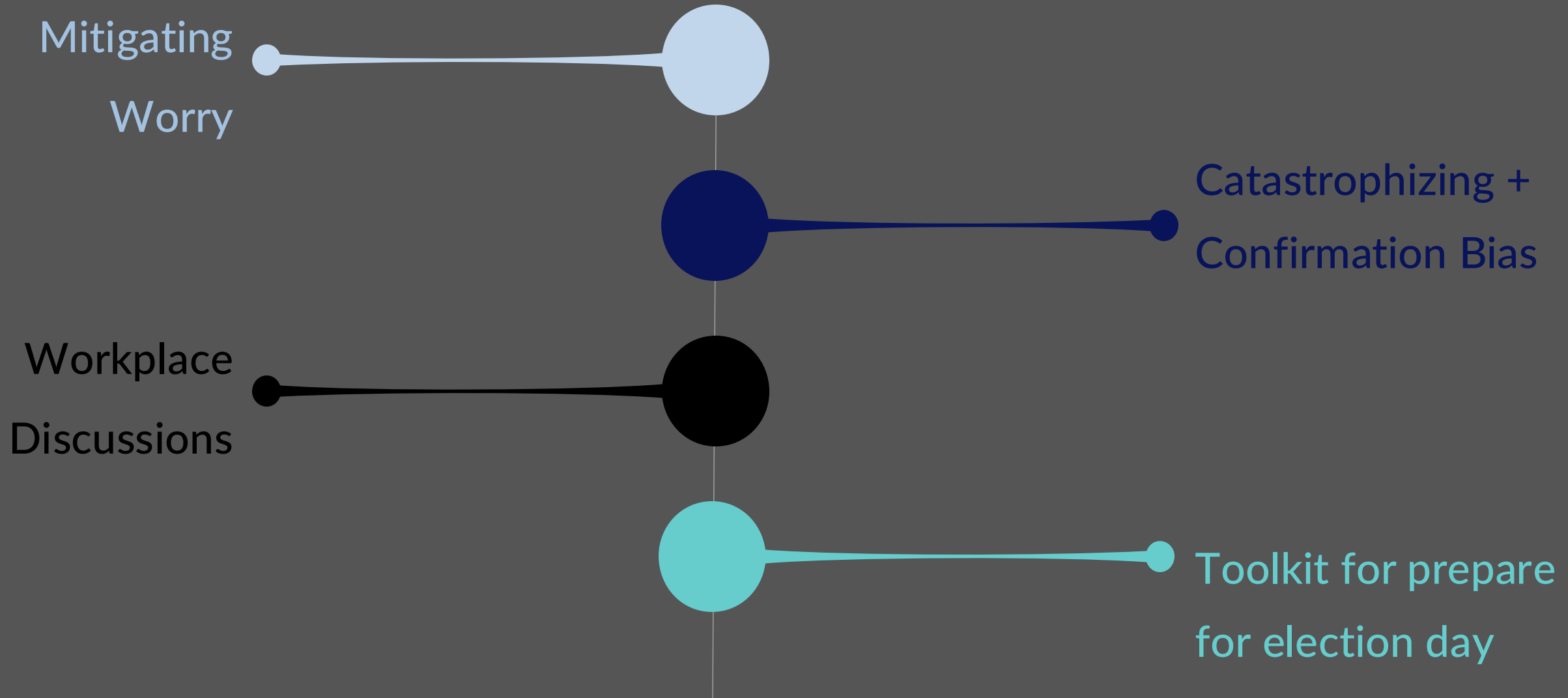
Finding Acceptance: Post-Election Stress

Rahul Kay, MPH / MBA
SVP Enterprise Wellness



Part 1: Navigating Uncertainty

- Mitigate anxiety while building connection



To get the most from today's workshop, we propose a few norms



Be present and use this as an opportunity for discussion

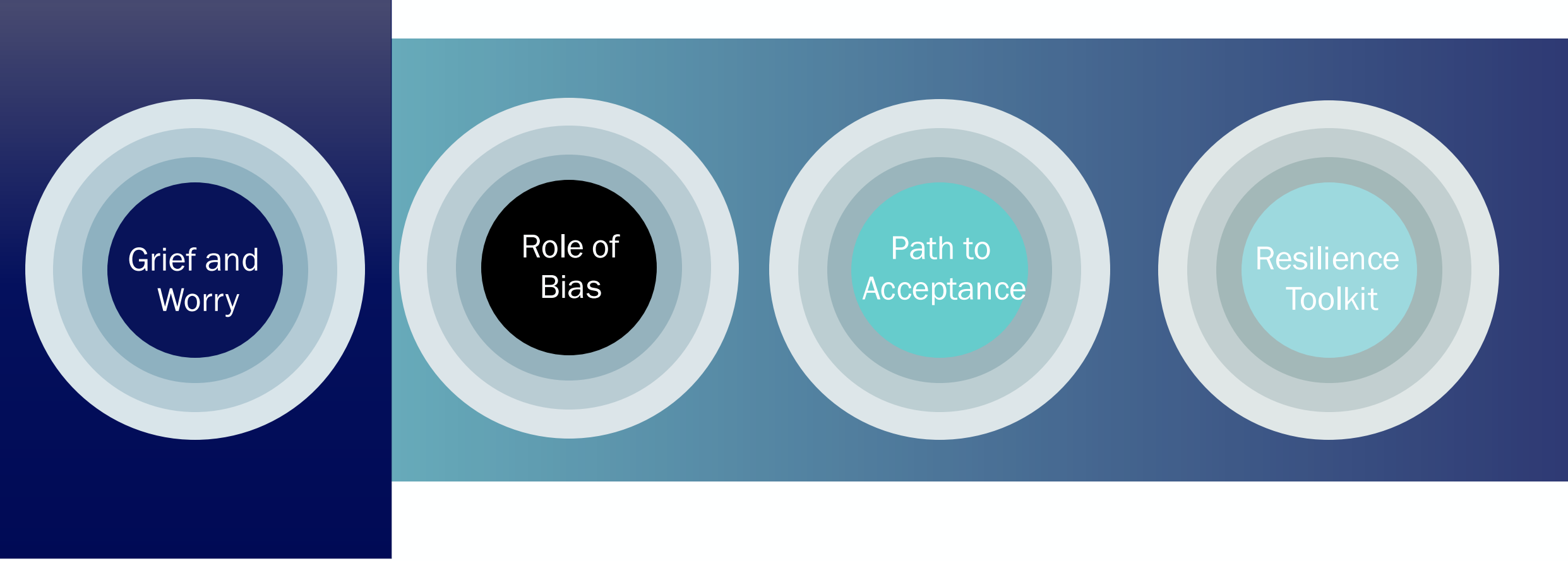


Be respectful of different viewpoints – mindful of judgmental tones



Be curious / approach with an open mindset

Finding Acceptance With Election Uncertainty



Grief and
Worry

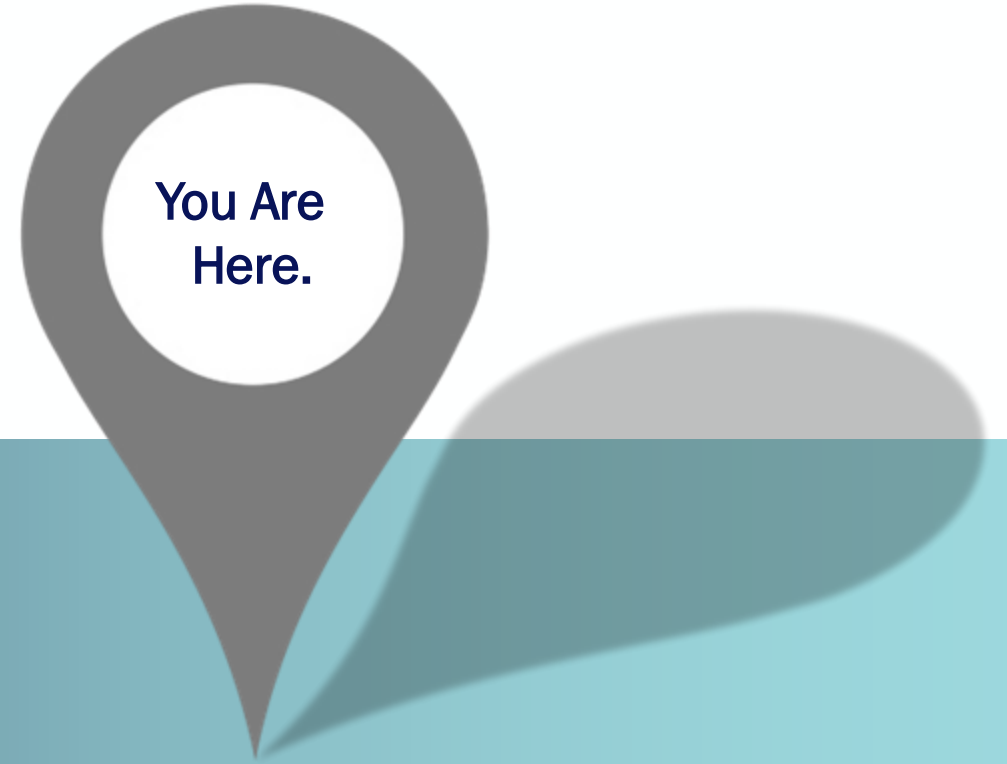
Role of
Bias

Path to
Acceptance

Resilience
Toolkit

Pulse Check: Regardless of election results, where are you right now?

Above



Below

Why do I feel so...?

- ◀ Unprecedented conditions have caused tremendous stress and has disproportionately affected marginalized communities

Conditions that can perpetuate feelings of collective loss



Loneliness

Conflict

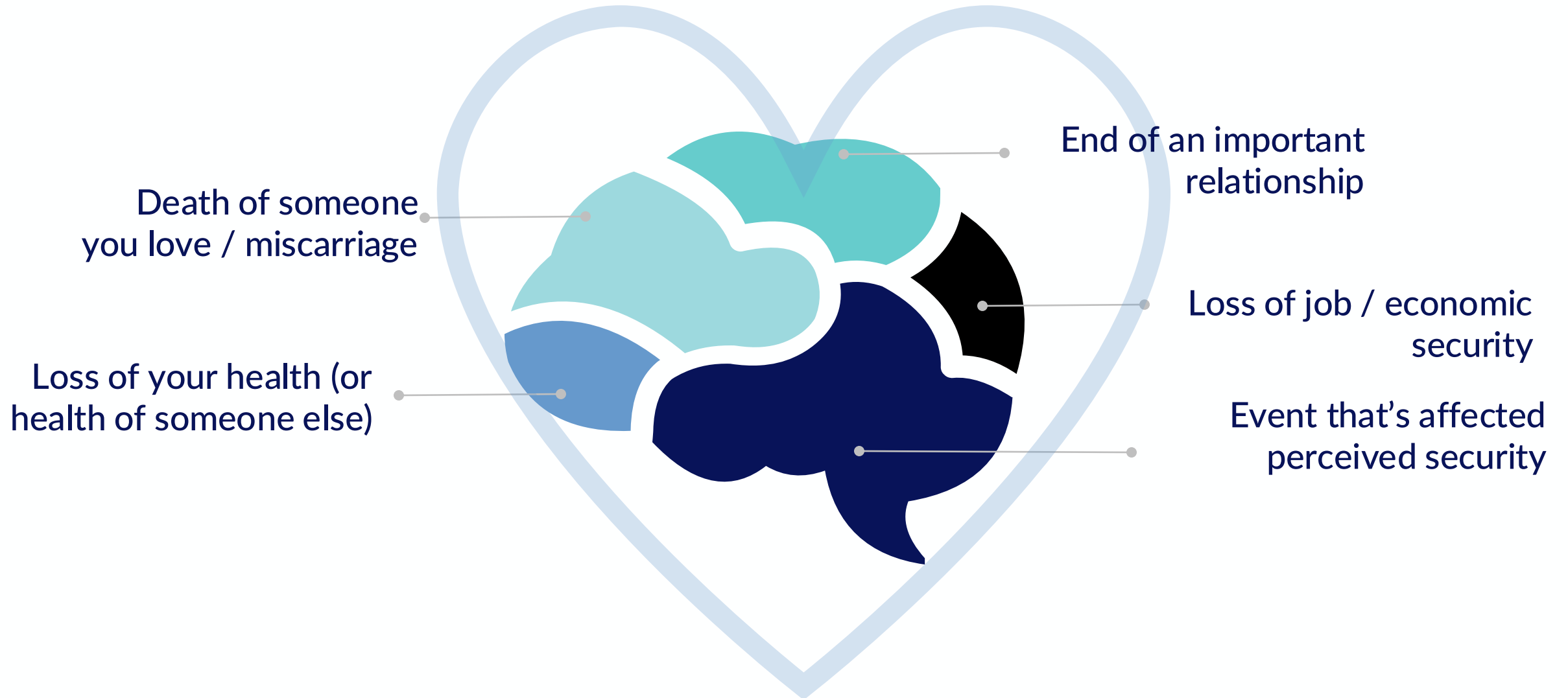
Economic
Instability

Ambiguous
Ending

Universal Feeling of Grief

Common Causes of Grief

- ◀ Emotional process that affects people differently and can take years to process



Common Signs of Grief

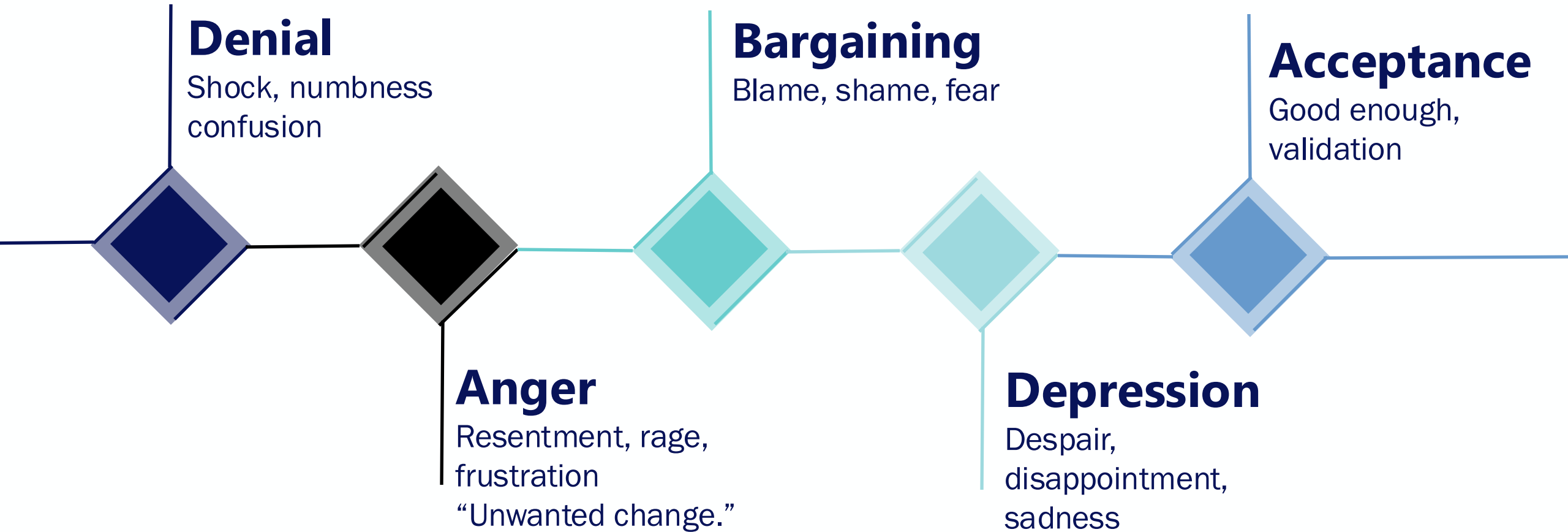
- Tightness in your chest
- Feeling weak
- Lack of energy
- Nausea
- Heart palpitations
- Restlessness
- Tearfulness

Physical Reactions

- Anger
- Shock
- Loneliness
- Relief
- Apathy
- Irritability
- Numbness

Emotional Reactions

Feeling the Stages of Grief



Allow Time to Process the Results.
This is not a linear process.

Feeling a Loss of Control

Worry

Repetitive thought process
when feeling anxious

Supposed to be motivator
on something specific
Deadlines

Excess leads to indecisiveness
and “What If?” thinking

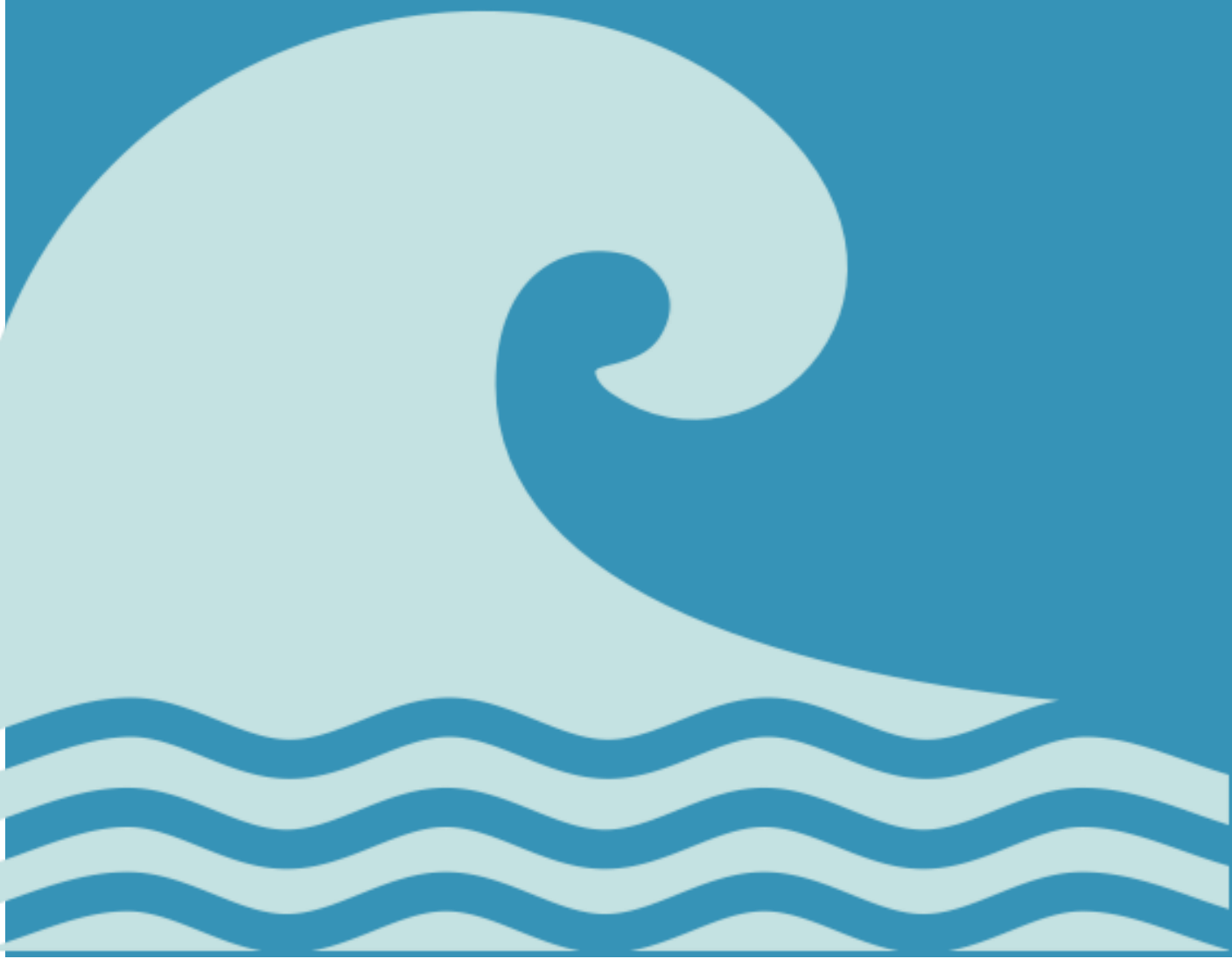


Anxiety

More of a body feeling
of being unsettled

Longstanding and
generalized

Not helpful in problem
solving



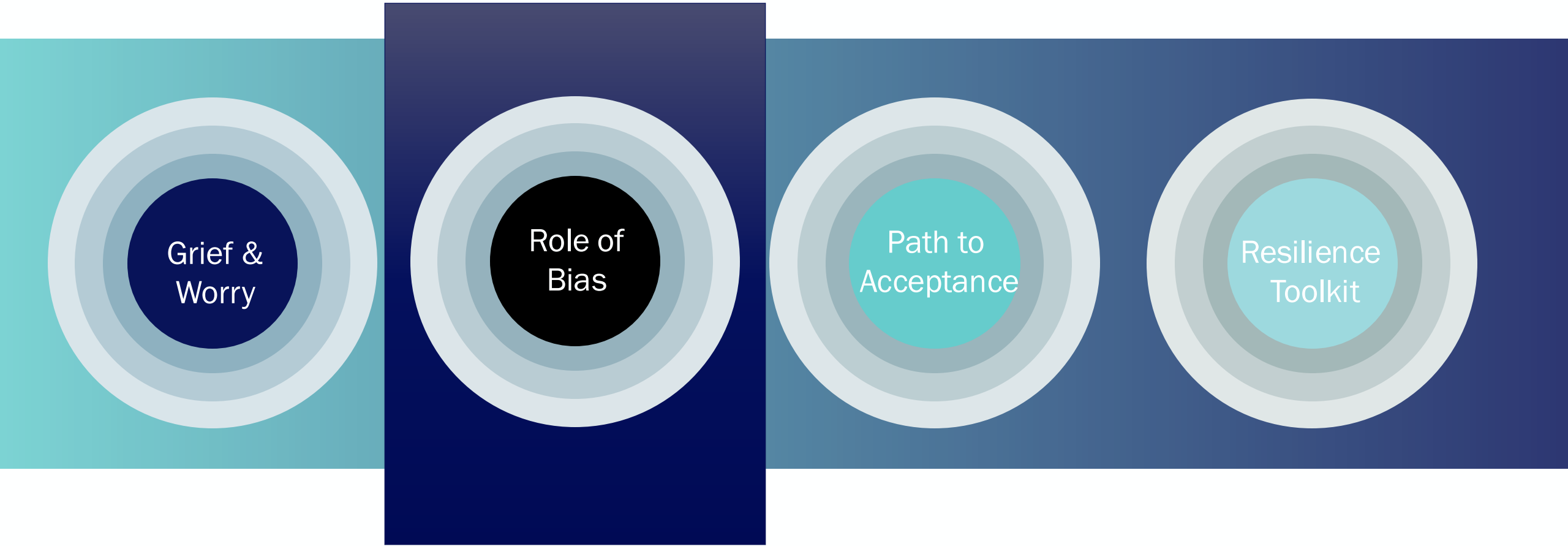
Ride the Wave

Is there anything I
can do about this
right now?

Question to Handle Uncertainty:

If it were to happen, is there a situation in which I'll be ok?

Finding Acceptance With Election Uncertainty



Outside the election, what's a news story from this month that you remember?

Safety

Environment

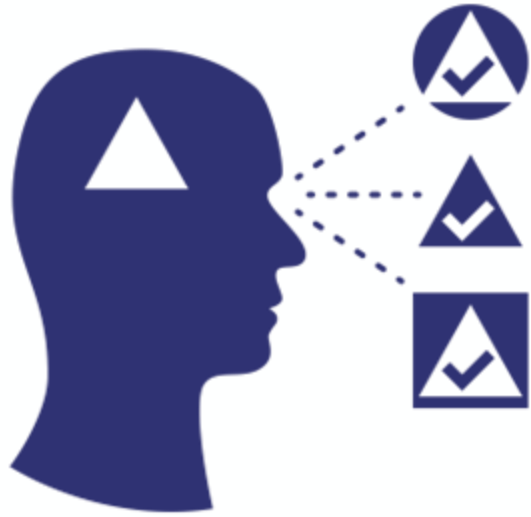
Foreign Affairs

Economy



Negativity Bias

Negative data has a bigger effect on our psychological state

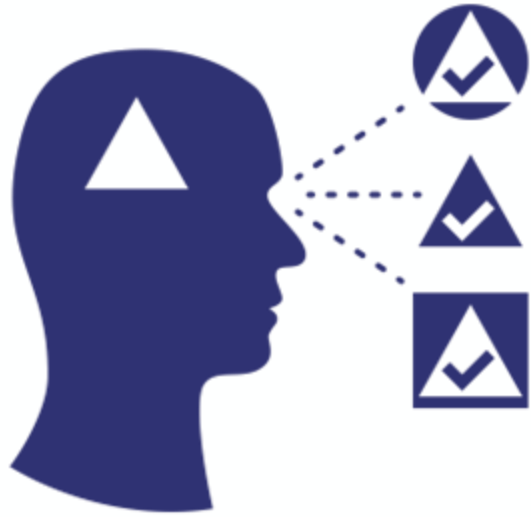


Affects how we judge the character of strangers



5:1

What's the most dangerous job in the US?

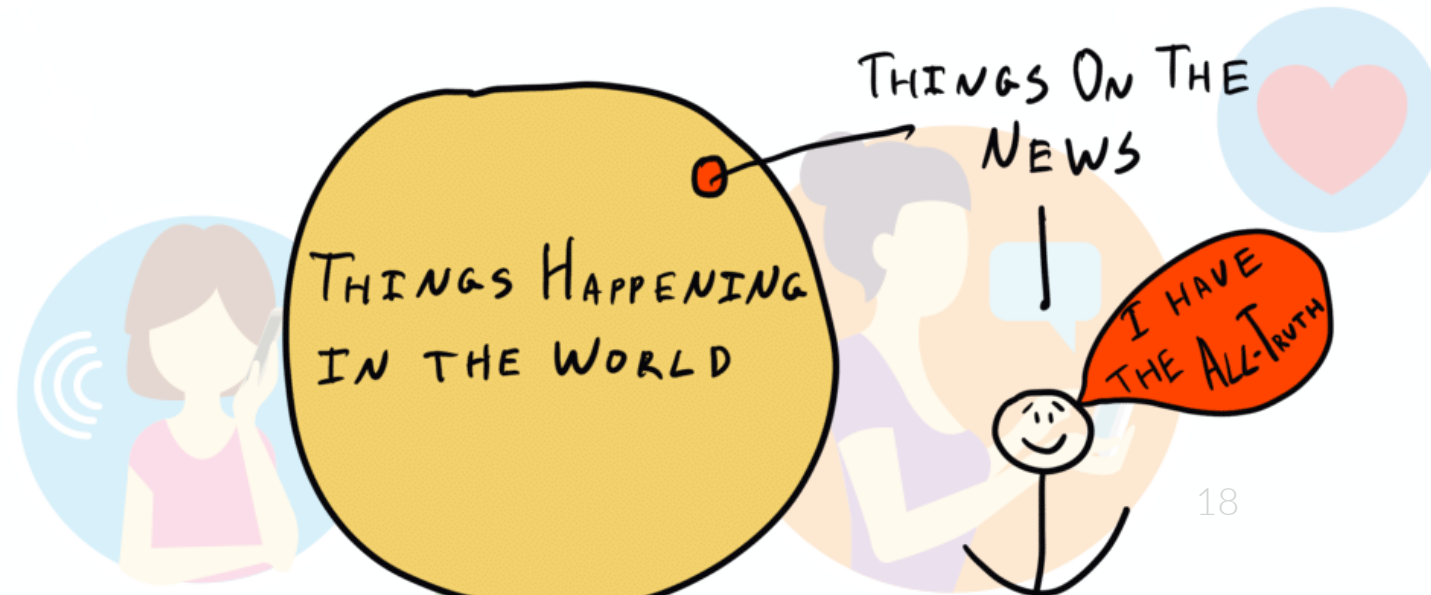


Availability Bias (Heuristic)

Things that come quicker to mind are used more often when making decisions / judgements

Distorts our perception of risk – favors recent events

AVAILABILITY
HEURISTIC



Finding Acceptance With Election Uncertainty



Grief &
Worry

Role of
Bias

Path to
Acceptance

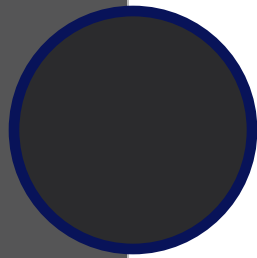
Resilience
Toolkit

Discussion:

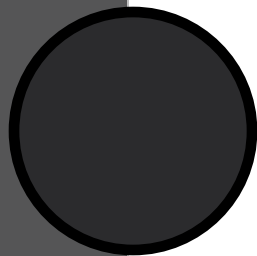
Outside your ideal candidate winning, what should happen in an election?

Rewiring Perspective

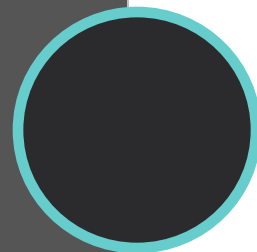
Potential Election
Expectations



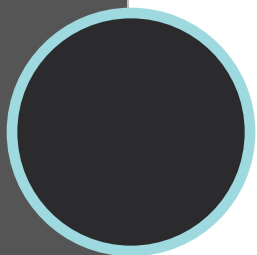
The election results should go my way.



The country will be in a worse position if my candidate fails to win.



The election votes will be counted as quickly as previous elections.



The election results will not be contested.

Acceptance Techniques

➤ QUESTION

➤ LOGIC

➤ FEEL

➤ ALLOW



01 What do you think it “shouldn’t be this way”?

02 Define causes for this reality

03 Note bodily sensations during acceptance

04 Allow disappointment, grief, and sadness to arise then dissipate

Happiness Equation: $F(X)$ Happiness

- Applying an engineering mindset to life's events

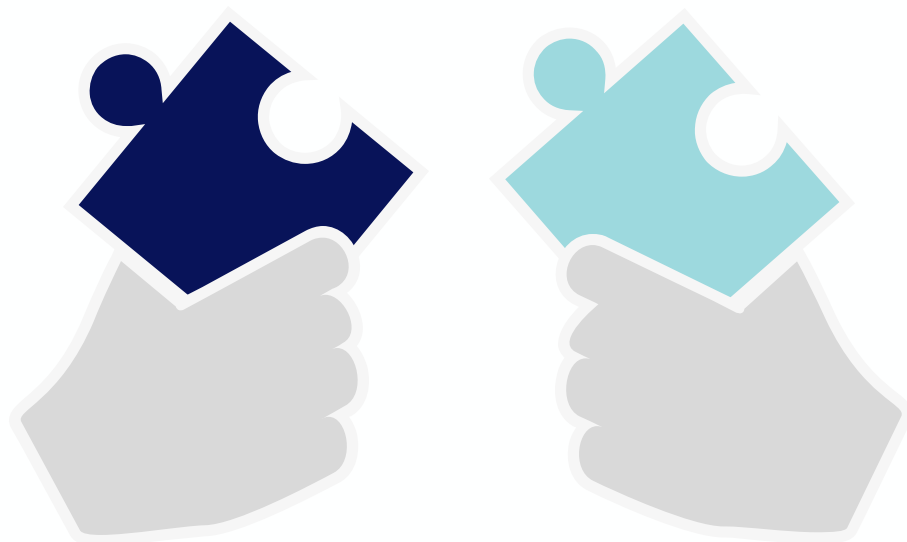


**Perception.
Minus.
Expectation.**



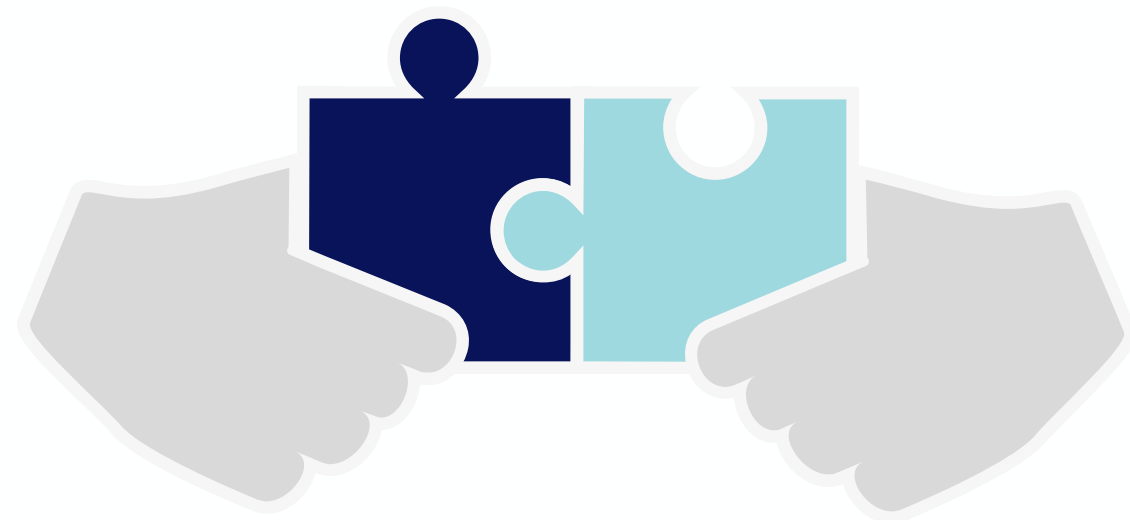
Making Peace with Reality

- ◀ Defining the concept of Radical Acceptance



What it Does Not Mean

No additional distress or trauma
Condoning bad behavior
Not doing anything to change the situation



What it Means

Letting go of the struggle against the facts
Letting reality be just as it is
Objective acknowledgement of what has happened

Finding Acceptance With Election Uncertainty



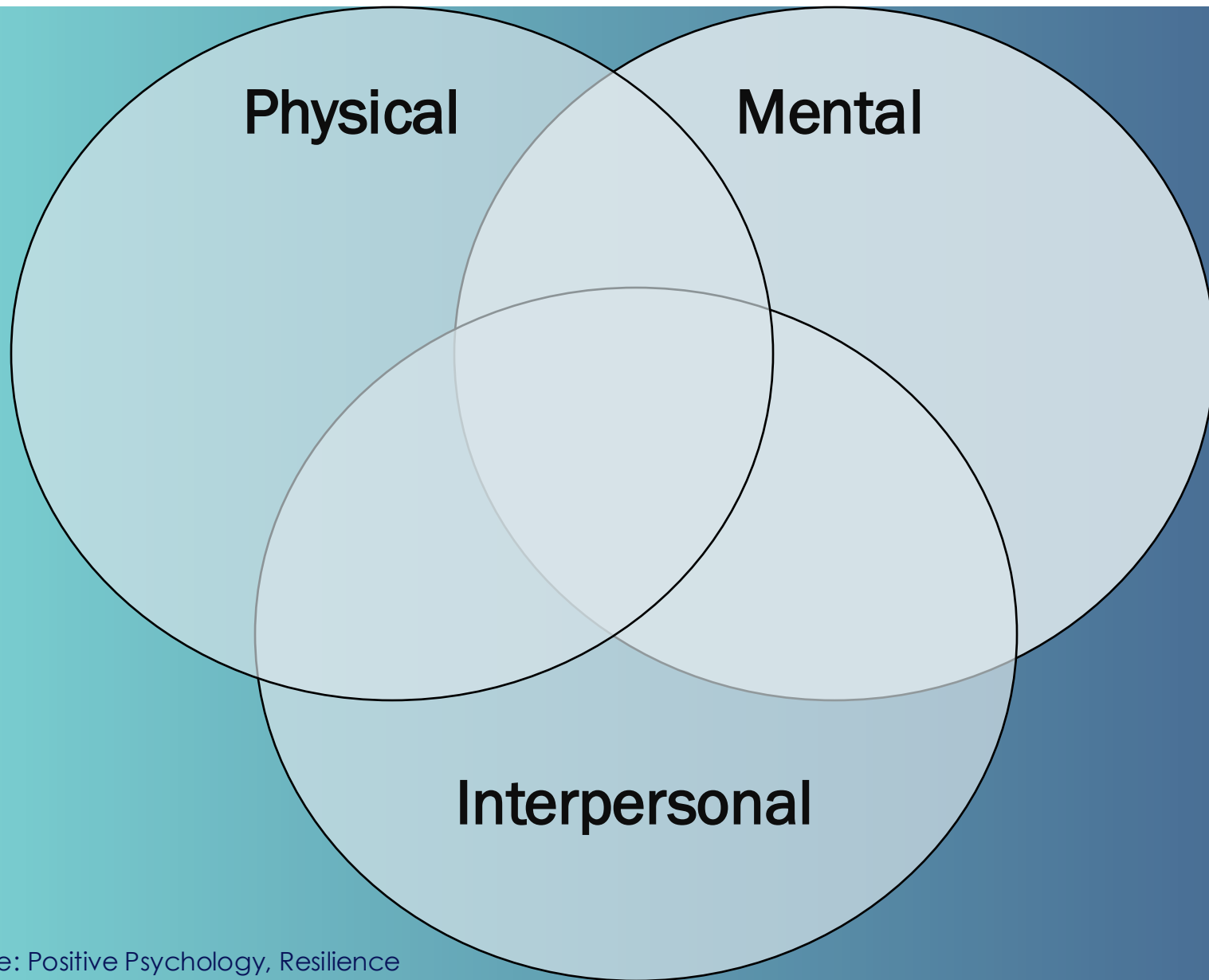
Grief &
Worry

Role of
Bias

Path to
Acceptance

Resilience
Toolkit

3 Buckets of Resilience



Factors that increase resilience

- Positive attitude
- Optimism
- Regulate emotions
- Seeking helpful feedback
- Value based actions

Living By Your Values

➤ PASSION

01 What do I love doing?

➤ SKILL

02 What am I good at doing?

➤ TIMING

03 What does the world need now?

➤ LOGISTICS

04 How do I get involved?

Protecting Mental Resilience

1 Recognize biases in social media (echo chamber)

2 News depict the loudest voices (not the majority)

3 Decide which discussions can be skipped

4 Don't engage in the "comments" sections

5 Vehicle of notification: Wrap Ups > Breaking News

6 Reframing negative thinking



DRAW A
PICTURE
OF YOUR
IDEAL
WORLD.

Now let's describe it / future us.

Who is in it?

What are
they doing?

How are they
treating each
other?

How can your
strengths
achieve this?

How will you
grow?

How can we
start?

5 Min Cognitive Exercise: Think of an Ideal Day.

Solo
Activity

Social
Activity

Meaningful
Act

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness, some momentary awareness comes as
an unexpected visitor.
Welcome and entertain them all...

The dark thought, the shame, the malice.
Meet them at the door laughing and invite them in.
Be grateful for whatever comes.
Because each has been sent as a guide.
-Rumi

Take Aways



Collective Grief



Cognitive Bias



Acceptance to Action



Resilience