



October 5, 2020

TO: AgriLife Employees
 SUBJECT: ComPsych Political Stress Resources

As election day approaches, there is an understandable and significant amount of stress/anxiety for many of people. Attached you'll find a ComPsych Resource Guide addressing these emotions related to pre – and post-election.

Additionally, ComPsych will be hosting 4 live webinars called ***Informed Or Infirm? Healthy Media Consumption As Election Day Approaches***. Please find the description along with registration details below:

Webinar Description: As Election Day nears, are your media consumption habits helping you make good decisions, or are they making you sick? The upcoming election is a significant source of stress and anxiety for many of people. Participating in social media discussions, reading newspapers, following your favorite political pundits, and watching election news on TV can help you stay informed and engaged. If you're not careful though, you may use these avenues in unhealthy ways that make you feel worse. This training will help you implement healthy media consumption habits that don't damage your mental and physical wellbeing.

Webinar Schedule:

Title	Date	Time	Registration Link
Informed or Infirm? Healthy Media Consumption As Election Day Approaches	Oct 09, 2020	10 AM Central (8am Pacific, 9am Mountain, 11am Eastern)	https://attendee.gotowebinar.com/register/1620286924141946126
Informed or Infirm? Healthy Media Consumption As Election Day Approaches	Oct 09, 2020	1 PM Central (11am Pacific, 12pm Mountain, 2pm Eastern)	https://attendee.gotowebinar.com/register/1613013654724238350
Informed or Infirm? Healthy Media Consumption As Election Day Approaches	Oct 13, 2020	10 AM Central (8am Pacific, 9am Mountain, 11am Eastern)	https://attendee.gotowebinar.com/register/9121868831876295694



Title	Date	Time	Registration Link
Informed or Informed? Healthy Media Consumption As Election Day Approaches	Oct 13, 2020	1 PM Central (11am Pacific, 12pm Mountain, 2pm Eastern)	https://attendee.gotowebinar.com/register/7907699032044199694

As a reminder, the live webinar has registration limits, and some people may receive a message informing them that registration is full. If you get that message, please feel free to register for one of the other live sessions, or you may use the links below to access a recording once the live sessions are over. The registration links below will turn into links to a recording once the live sessions have finished.

US Toolkit

<https://pages.e2ma.net/pages/1807892/20932>

For questions, please contact: *Texas A&M AgriLife Employee Wellness Committee* | AgriLifeWellness@aq.tamu.edu | p. 979-845-2423

Check out the [AgriLife Employee Wellness webpage](#) for upcoming events and resources