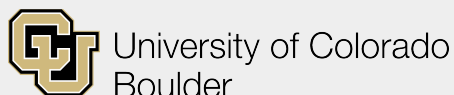


## Erika Hanes

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**From:** Katy Herbert Kotlarczyk <katy.kotlarczyk@com.cu.edu>  
**Sent:** Wednesday, November 6, 2024 9:54 AM  
**To:** Erika Hanes  
**Subject:** A post-election message from Katy K

To view this email as a webpage, [click here](#).



Dear Advancement colleagues,

Like many of you, I spent last night watching the election, and I recognize that today you may be feeling a range of emotions — surprise, fear, disappointment, happiness, frustration or uncertainty. Regardless of where you fall on the political spectrum, I want to remind everyone of the critical mission universities support and the importance of practicing kindness and care.

To help manage your thoughts and feelings, I encourage you to take a mental health day if needed, to reach out to these helpful [campus resources](#) or to participate in any of the following events happening on campus:

- **Nov. 6: [De-stressing Drop-in Poetry & Tea at the CU Art Museum](#)**. Write a poem, color, drink tea and enjoy cookies.
- **Nov. 6: [Post-Election Meet-up with Gender Justice League](#)**. Join the Gender Justice League student practicum group for a safe space for reflection, relaxation and rejuvenation.

- **Nov. 6: Election Stress(Less)**. De-stress with DIY aromatherapy, ear seeding/acupressure and slime making.
- **Nov. 7: Mindful Moment Pause with Michele D. Simpson**. Find refuge in an intentional community rest with music, gentle movement, storytelling and time to pause.
- **Nov. 12: Post-election Foreign Policy Panel**. Join for an insightful evening exploring how U.S. foreign policy might shift after the election.

Universities foster academic exploration, respectful discussion and dissent, encouraging diverse opinions to coexist. We are fortunate to work for an institution that encourages meaningful conversations. If you engage in political discussions, please adhere to the university's guidelines on political campaign activity and expression.

November often represents a month of gratitude and I am grateful to live in a democracy, work in higher education and call you my teammates and colleagues. We are a special community and must treat each other respectfully, even when we disagree. Let's give everyone the grace and space they may need.

Thank you,

A handwritten signature in black ink that reads "Katy". The letters are cursive and somewhat stylized.

**Katy Herbert Kotlarczyk, EdD**

(she/her/hers) **pronouns**

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