

PHILOSOPHY SPEAKER SERIES

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FEELING BETTER ABOUT FEELING BAD



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Some of us feel stifled by toxic positivity, or societal messaging that pressures us to smile or emanate #goodvibesonly. In this light, dark moods that we live with on a daily basis like anger, sadness, grief, depression and anxiety make us look broken and falling apart. Join philosophy professor Mariana Alessandri to discuss what happens when we try to look at our difficult moods in the dark, away from the rays of sunshine and positivity being forced on us by well-intentioned strangers and loved ones.

UCMERCED