A Rising Tide Lifts All Ships: Building Resiliency and Creativity

Stress management and distress tolerance are challenging for many of us, not just for young people. In this presentation, we will discuss:

- How stress affects our brains and bodies and how to begin speaking more openly about these challenges in a way that will create space for young people to feel safe joining in that conversation
- Effective strategies to downshift our nervous systems and to manage stress and anxiety through engagement, rather than distraction
- The difference between "settling down" and "settling in"
- The paradigm of "means to an end" thinking in which everything we do becomes something to strengthen our resume or college applications

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