

# Candid Conversations

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*Emotional Resilience during Covid-19*



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# Session 2

— Stress response and resilience —

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Dr. Lisa Damour is a psychologist, best-selling author, monthly *New York Times* columnist, and regular contributor to *CBS News*.

She blends years of experience with the latest research developments to provide sound, practical guidance to children and adolescents as well as their parents, teachers, and advocates.

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Meet the expert!

At OLP on December 3

under pressure

Lisa's second *New York Times* bestseller is a **celebrated**, urgently needed guide to addressing the alarming increase in anxiety and stress in girls from elementary school through college.



# Under Pressure

- Depending on the circumstances, stress and anxiety are not always unhealthy.
- Lessen girls' anxiety by helping them approach, rather than avoid, their problems.
- A shy and cautious girl does not necessarily have an anxiety problem.
- Despite outperforming their male counterparts, girls worry more about academic achievement.
- Girls face widespread sexual harassment and often blame themselves.
- The cultural expectation that girls should be agreeable is making them anxious.

# Under Pressure

- ★ Takeaway: Girls face particular challenges, both at school and in society at large, which can negatively impact their stress and anxiety levels. However, with the right support from the adults in their lives, the adverse effects of the pressure girls face can be successfully mitigated.

# 7 Skills of Resilience

- Principle 1: Cultivate a Belief in Your Ability to Cope.
- Principle 2: Stay Connected With Sources of Support.
- Principle 3: Talk About What You're Going Through.
- Principle 4: Be Helpful to Others.
- Principle 5: Activate Positive Emotion.
- Principle 6: Cultivate an Attitude of Survivorship.
- Principle 7: Seek Meaning.

**Q&A**

