



Turning Stress into Success

Resilience:

Calm Confidence Instead of Anxiety

with

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&

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7:30 PM

Tuscan School

25 Harvard Ave.
Maplewood

Our society seems to fuel anxiety from many sources. From morning “wake up and get out” routines through school, activities, rushed meals and nighttime practices ending later than we would like, we seem to be watching our children and ourselves become increasingly anxious.

Ahhh ... but if we step back for a moment, we can see and use time honored traditions and modern science to **build habits of coping and resilience** in ourselves and our children – *literally turning stress into calmer success.*

Some points of the presentation will include:

- Learning to tell the difference between “**outside and inside**” stressors and the different approaches to them
- The differences and relationship between **stress and distress**
- Methods to monitor stress and **calm levels of distress** in both our children and ourselves
- **Relaxation and stress management approaches** and techniques for all of us.
- **Identifying the best times to employ approaches** and techniques to build progress
- **Building on progress** instead of constant dread of mistakes
- And, how to maintain a **sense of humor, balance and perspective**