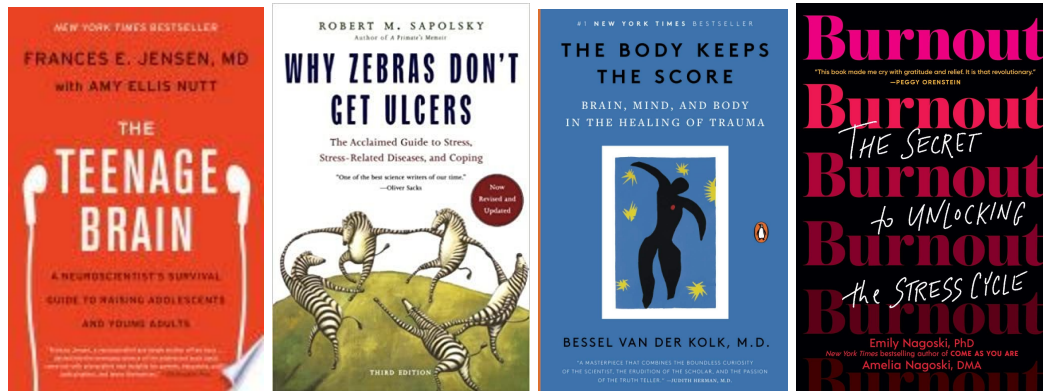


Helping Our Children Manage Stress

Evans PTO Parent Night 1/21/2021

[Slide deck](#)

Books



The Teenage Brain by Frances Jensen
Why Zebras Don't Get Ulcers by Robert Sapolsky
The Body Keeps the Score by Bessel van der Kolk M.D
Burnout by Emily Nagoski PhD and Amelia Nagoski PhD

Videos

Robert Sapolsky intro [here](#).
Toxic Positivity [here](#).
Inside Out clip [here](#).- Emotional validation
Empathy clip [here](#)- emotional validation
The Grumpy Monkey book clip [here](#).

Articles

20 Effects Stress has on your body [here](#).
Toxic Positivity [here](#).
Mindful breathing [here](#).
Social support for stress relief [here](#).
Stress relief from laughter [here](#).

Handouts

Sentence stems for emotional validation [here](#).
Handout on stress [here](#).

Extra support if necessary

My Strength App (free) Use the code "LPSCOMM"

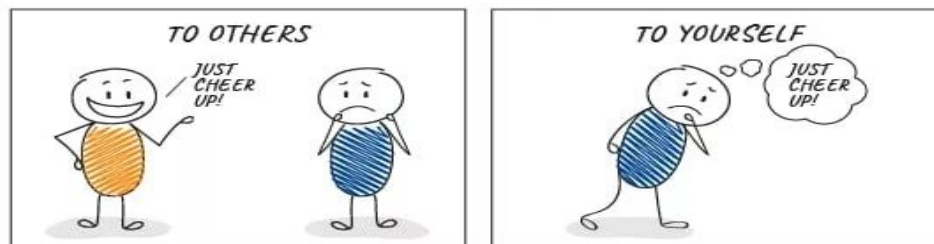
Crisis Text Line Text "Home" to 741 741

Lifepath Mobile Crisis Line 877-422-5939

Visuals



2 Types of Toxic Positivity



SCIENCE OF PEOPLE