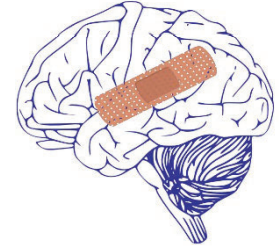




Your Brain on Stress

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We've all felt it...sweaty palms, heart racing, and tunnel vision. It's stress!

While some stress is good to live a productive life, excessive stress can hijack the body's usual response system, sometimes leading to mental health problems. Knowing how stress impacts our brain and our bodies helps us understand mental health problems and appreciate that they are real, physical processes in our brains; never "*just in someone's head*". And just like other medical illnesses or injury, brains and bodies can recover with the right support and treatment.

This topic is a continuation of a partnership with Calgary Board of Education and pediatric resident physicians from the Alberta Children's Hospital. Initially delivered to students and faculty at junior high schools, this webinar aims to include the whole family and close the loop in communication on mental health.

[Pediatricians in training hit Calgary schools to raise awareness about mental health | CBC News](#)

Join us to learn about the stress response system, stress coping strategies and support for mental health, and supporting loved ones who might be experiencing mental illness.

**Open to all -
kids/teens alike**

**Thursday Jan 6 2022
6:30 pm (mst)**

**Click here to
register**