



Virtual Rocky Mountain Symposium 2020 - Day 4: Can we break free from the stress of COVID-19?

Facilitator(s):	Sonia Lupien
Date:	August 27, 2020
Time:	3:30 pm – 4:30 pm MDT
Cost:	No charge
Location:	Virtual
Type:	Webinar
Session Code:	20-FR-441

Target Audience

French-language education workers

About this Learning Opportunity

This new conference was developed to offer tools to negotiate the stress associated with the COVID-19 pandemic.

In these times of pandemic, it is normal (even necessary) to have a stress response and a description of the biological stress response and its importance in adapting well to the situation will be presented.

The notion of resistance to stress will be used to explain various behaviors observed during the pandemic.

Clues to recognize stress at home and / or in family members will be presented in order to help people recognize stress quickly and act downstream to prevent the emergence of chronic stress.

[See the Rocky Mountain Symposium website for the full program](#)

About the Facilitator(s)

Sonia Lupien holds the Canada Research Chair in Human Stress and is the Founder and Director of the Center for Studies on Human Stress, whose mission is to educate the public about the effects of stress on the brain and body using scientifically validated data.

She is the author of the book 'Par amour du stress', a popular scientific work intended to make the results of scientific studies on human stress known to the general public. More recently, she published at Éditions Va Savoir (a publishing house she founded) the book 'To each his own stress' which discusses the spillover effects of parental stress on children and the means to counter these effects.