

Coping with Stress Workshops at Carrollwood Day School



HELLO! I'M DR. LINDSEY AND I'LL BE YOUR COPING SKILLS LEADER

My name is Dr. Lindsey O'Brennan and I'm leading the Advisory Workshops for 9th grade students at CDS. I'm a licensed psychologist, educational researcher, and owner of Morningstar Wellness, a private practice in Carrollwood. Through research at USF, our team identified a core set of effective coping strategies 9th students can use when faced with academic stressors to help them feel more confident, less burnt out, and more connected to people at school. I'll be sharing these research-based strategies in a series of 4 workshops throughout the 2020-21 school year.

WORKSHOP 1 EFFECTIVE COPING

Dr. Lindsey will teach students how stress affects their body and mind. Students will learn different effective coping strategies they can use when stressed. A focus will be placed on time and task management strategies to help navigate academic stress.



WORKSHOP 2 WEB OF SUPPORT

Success cannot be achieved alone. We need a support system of family, friends, and mentors to help us reach our goals. Students will understand the importance of seeking help and learn how to ask for help from teachers and others.



WORKSHOP 3 POSITIVE THINKING + RELAXATION

During heightened times of stress we need strategies to calm down our minds and bodies. When we are calm we make better decisions and perform better in high pressure situations. Students will learn positive thinking, relaxation, and mindfulness techniques.



WORKSHOP 4 GOAL SETTING

"A goal without a plan is just a wish." Students will set short-term and long-term goals for their time at CDS. To make these goals more meaningful they will identify how their personal strengths and values align with their goals.



Have questions or need support? You can email me at DrLindsey@morningstarwell.com