

# Self-regulation strategies for your Stressed out Teen

A workshop for parents

Stress is rampant in our society, not just among adults, but alarmingly so in our children. Jean Twenge, in her book “Generation Me”, stated that we are experiencing 5X more stress than in the great depression. We live in a world where we are overloaded with sensory stimuli and stressors. How we effectively and efficiently deal with a stressor and recover from the effort will have a significant impact on our overall mental and physical health as well as our happiness and success in life. Self-regulation is this ability to deal with a stressor and recover from that effort. Join Laura Paiement, pediatric physiotherapist, in an exciting workshop where you will learn more about...

- the adolescent brain
- the adolescent brain on stress
- how to help your adolescent deal with stress and be more resilient
- self-regulation strategies for parenting

You will leave with an understanding on how to teach your children to develop these internal resources that not only impacts their learning but also impacts their overall health and wellness.

Laura Paiement is the owner of Inspired Health Physiotherapy. Laura works as a consultant and provides workshops to students, teachers, and parents in school districts throughout Canada and to corporations and organizations wanting to improve employee health and wellness. Laura is a facilitator for the Canadian Self-Regulation Initiative. Laura is the Health Promoting Schools Coordinator and heads up the team looking at improving student’s self-regulation abilities in School District 83. Laura has extensive training and experience in paediatric physiotherapy and child development including post graduate training in health psychology, attachment, and self-regulation.

**THE SELF REGULATED PARENT**  
**OCTOBER 18, 2018**  
**6:30 TO 7:45 P.M.**  
**THE EDUCATION CENTRE – BOARD ROOM**  
**433-15 STREET SOUTH**

**RSVP TO KAY ALLISON 403-380-5299 OR**  
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