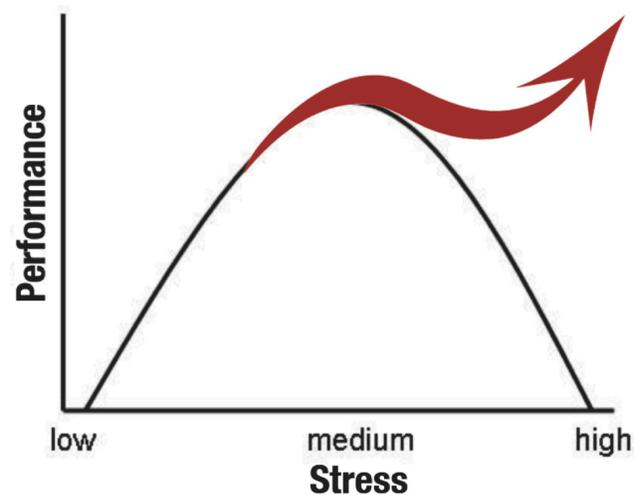


# ReThinking Stress

**ReThinking Stress** is a program developed and delivered by Yale and Stanford psychological experts (developed by Alia Crum, Peter Salovey, & Shawn Achor, delivered by Kari Leibowitz) with the mission to translate cutting-edge research into meaningful action and change. This program was designed to address the needs and opportunities created by high levels of stress, change, and uncertainty by introducing and establishing the mindset that stress is enhancing.

Although stress, change, and uncertainty often provoke anxiety, diminish productivity, and increase burnout, these same ingredients can lead to transformational change, peak performance, and physiological thriving. Recognizing and eliciting the enhancing aspects of stress is not only possible but may be necessary to thrive in difficult times. Rather than focusing on avoiding the possible negative consequences of stress, ReThinking Stress is based on research supporting the fact that people can and do reach higher levels of performance, health, and well-being when they are facing added stress. Learning to acknowledge, welcome, and utilize stress can transform the stress curve. ReThinking Stress was designed to give people the information and skills necessary to shift their mindsets about stress and transform stress into peak performance, health and wellbeing.



**Agenda:** In “ReThink Stress” participants will learn about the science supporting the idea that stress does not always have to be debilitating and, instead, can have positive effects on health, performance and well being. Furthermore, participants will learn about the power of mindset in shaping the stress response. To translate these insights into action, participants will be guided through a series of interactive exercises to help them learn how to: a) acknowledge stress as opposed to denying it b) welcome stress as a way to connect to one’s deeper purpose and values and c) harness and utilize stress to enhance health, wellbeing and performance.

## **Supporting Research:**

Crum, A. J., Salovey, P. & Achor, S. (2013). Rethinking Stress: The Role of Mindsets in Determining the Stress Response. *Journal of Personality and Social Psychology*.

Jamieson, J. P., Crum, A. J., Goyer, J. P., Marotta, M. E., & Akinola, M. (2018). Optimizing stress responses with reappraisal and mindset interventions: An integrated model. *Anxiety, Stress and Coping*.

Crum, A. J. & Lyddy, C. (2014). De-stressing Stress: The Power of Mindsets and the Art of Stressing Mindfully. In A. Ie, C. T. Ngunomen, & E. J. Langer (Eds.), *The Wiley Blackwell Handbook of Mindfulness*.

Crum, A.J., & Crum, T. (2015). Stress Can Be a Good Thing If You Know How to Use It. *Harvard Business Review*.

Crum, A. J., Akinola, M., Martin, A., & Fath, S. (2017). The Role of Stress Mindset in Shaping Cognitive, Emotional, and Physiological Responses to Challenging and Threatening Stress. *Anxiety, Stress and Coping*.

## Facilitator Bio:

Kari Leibowitz is a Stanford Interdisciplinary Graduate Fellow and doctoral candidate in Psychology at Stanford University. Her research with Dr. Alia Crum in the Stanford Mind & Body Lab helps us understand and harness mindsets to improve health, well-being, and performance. Kari received her undergraduate degree from Emory University, and her work has taken her all over the world as she organized the 2013 visit of the Dalai Lama to Emory, co-led three summers of Emory's Tibetan Mind/Body Sciences study abroad program in India, and served as a U.S.-Norway Fulbright scholar. As a Fulbright scholar, Kari lived in Tromsø, Norway, north of the Arctic Circle, and studied mindsets about winter. Kari's Medicine Plus Mindset Training teaches healthcare providers how to recognize, leverage, and shape patient mindsets as part of clinical practice. In this role, she has brought evidence-based mindset training to Primary Care Clinics at Stanford University and beyond. In addition to publishing her academic work in numerous peer-reviewed outlets, Kari has delivered talks and workshops on how to leverage the power of mindset to international audiences. Her writing on this topic has appeared in *The Atlantic* and *The New York Times*.

## Participant Comments:

*[from ReThinking Stress & other workshops delivered by Kari Leibowitz]*

*"Our high-growth startup team experiences a lot of stress - we have a large workload and high expectations. We have been looking for a speaker to challenge our assumptions of stress and help us wield stress to our advantage. This is not an easy task, but **Kari far and above exceeded our expectations**. I am excited to see our team use what they've learned to push themselves to be even better."*

*"Excellent. A wonderful, meaningful and useful new way of thinking about stress and how to leverage it in a positive way."*

*"Loved your enthusiasm, it's contagious. Training was very clear and easy to follow. I think it will be very helpful."*

*"Excellent speaker – very engaging"*

*"Kari was awesome!"*

*"Refreshing and innovative presentation, thank you"*

*"I thought this was a great presentation. So relevant and thought provoking."*

*"One of the best presentations on stress!"*

*"Best presentation of the week. I can't wait to learn more about this subject matter."*

*"This presentation was excellent. The presenter was extremely knowledgeable, and her approach to stress was realistic and very helpful."*