

# The Neuroscience of Stress, Mental Health, and Resilience

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Lecturer: Dr. Ashley Thompson

Neuroscience researcher and educator Dr. Ashley Thompson returns to LLeaP to offer this new mini-series on the stress response. Together with Dr. Thompson, you will begin by exploring the neuroscience of stress and how different types and durations of stress impact our brains and bodies. Then, you will examine the concept of resilience, its relationship with stress, and what research tells us about resilient brains and how resiliency allows people to respond to stress. Lastly, you'll investigate the concept of neuroplasticity to consider how each of us can influence our own resilience throughout the lifespan.

## **Schedule of topics:**

### **Week 1**

The Stress Response – How it works, why it works, and what happens when it goes wrong

### **Week 2**

Coping with Stress – How we manage our stress: The good, the bad, and the ideal approach to coping

### **Week 3**

Rethinking Resilience – Resilience, stress, and coping: What the research says about resilience, and how we can apply the principles of neuroplasticity to develop our own resilience