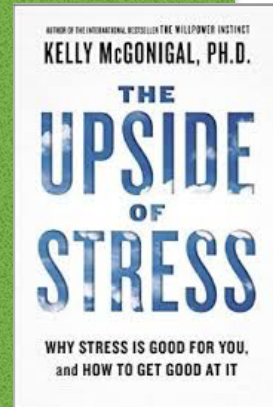


The Peninsula Parent Speaker Series presents:

Dr. Kelly McGonigal
Wednesday, April 27, at 7:00pm

at Capuchino High School Auditorium
1501 Magnolia Ave, San Bruno (1.5 miles north of Burlingame, just off El Camino)

**Why Stress is Good for You,
and How to Get Good at It.**



Forget everything you thought you knew about the effects of stress and begin to see it through a different lens. Stanford psychologist and bestselling author Kelly McGonigal, Ph.D., delivers a startling message: *Stress isn't bad*. In *The Upside of Stress*, McGonigal highlights new research indicating that stress can, in fact, make us stronger, smarter, and happier—if we learn how to embrace it. McGonigal combines science, stories, and exercises into an engaging and practical presentation that is both entertaining and life-changing. Is it actually possible to harness the positive side of stress to help our kids and our families become more resilient? The answer is yes! When students learn to think about stress in a more positive way, they can actually use it to improve learning, to find purpose and to form stronger emotional connections to others. Her 2013 TED talk, "How to Make Stress Your Friend," is one of the 20 Most Viewed TED talks of all time, with 10 million views. kellymcgonigal.com



**Middle school and high school students are invited to join their parents
for this
special family education event.**

Admission: \$5 per person in advance, \$10 at the door

<http://stress-ppss.bpt.me/>

- Spanish and Mandarin interpretation will be available
- Dr. McGonigal will be available for book signing after the event. Her book will also be available for purchase, courtesy of Books, Inc.

The Peninsula Parent Speaker Series is a volunteer-run partnership between the San Mateo Union High School District and the Burlingame School District's PTA Council. Contact peninsulaparentspeakerseries@gmail.com with any questions.