

Stress, Anxiety, and Coping
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Promoting Resilience and Positive Self Esteem

- Care-giving: strong, empathic, caring, flexible, effective discipline and order, unstressed
- Warm, consistent and firm limit setting with explanations and discussion
- Listen, active listening
- Be available
- Spend family time together
- Encourage
- Love Unconditionally
- Focus on strengths, compliment, and praise
- Focus and foster positive emotions (boost not on only self esteem but immune system)
- Communicate effectively (problems don't spread, stay contained in original context)
- Be proactive in dealing with problems
- Don't let problems and anger linger, be quick to reconnect after arguments and fights
- Don't compare child to siblings, cousins, or friends
- Set good examples, be a positive and strong role model
- Know your child's friends and their family
- Enter into a partnership with your child's school
- Help youth develop strong, positive coping skills and problem solving skills
- Encourage your teen to look within when making choices and decisions
- Ask your teen's opinion to encourage a sense of responsibility and belonging
- Listen to their ideas and concerns
- Teach persistence
- Set values such as respect, tolerance, and cooperation
- Model positive self care: proper amounts of sleep, exercise, healthy eating
- Foster and sustain HOPE
- Spend time with your child
- Eat dinner together
- Foster gratitude

Dr. Lisa Machoian is a Harvard trained developmental psychologist and psychotherapist. A former director of Harvard University Graduate School of Education's Gender Studies program and author of *The Disappearing Girl: Learning the Language of Teenage Depression*, the first definitive book on depression in adolescent girls, she is a frequent speaker at workshops, seminars and conferences nation-wide and in Canada. Dr. Machoian has been interviewed by NBC News, CBS News, Seventeen, Cosmopolitan, Family Circle, National Public Radio, the Boston Globe, Chicago Tribune and the NY Times Room for Debate. She has a private practice and consults to parents and schools across the country in person and through distance consultation. She holds master and doctoral degrees from Harvard University.