

# MAMMOTH-MAGAZINE



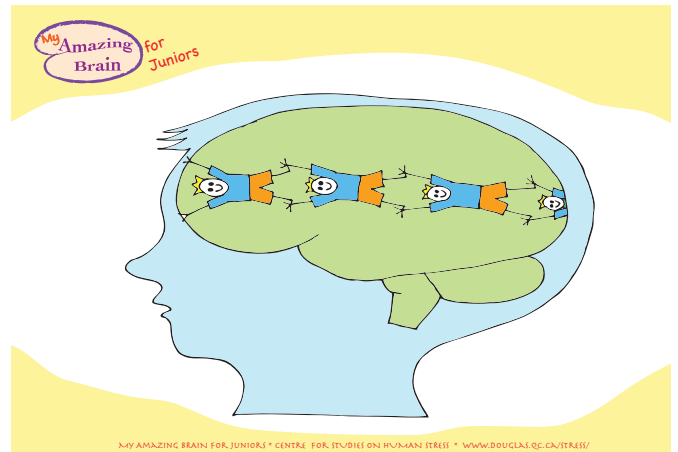
## First Anniversary!

The Centre for Studies on Human Stress was founded by S. Lupien in 2006 through a small pilot grant of \$25,000 provided by the Douglas Mental Health University Institute. Within a 12-month period, the Centre provided a thorough **website** summarizing scientifically valid information on stress ([www.douglas.qc.ca/stress](http://www.douglas.qc.ca/stress)).

At the same time, it also launched the **Mammoth-Magazine**, its official newsletter that is very popular with the public. Many of the lay-language articles written by scientists and graduate students from the Centre have been used with our permission in various websites.

It also presents a **public conference series**, and public forums and focus groups in which we ask the public for direction in our efforts and research endeavors.

Given that stress affects individuals of all ages, the Centre aims to develop education/intervention programs for children, adults, and seniors. The stress response originates in the brain. Accordingly, the Centre has created the **My Amazing Brain Program** (available for free at [www.douglas.qc.ca/stress](http://www.douglas.qc.ca/stress)) to familiarize parents, teachers, social workers, and children between the



ages of 7 and 12 with the brain. The Centre offers free training on the *My Amazing Brain Program* to teachers, school workers/counsellors and parents who are interested at presenting the program in



their children's school. To register for the free training sessions, visit our website at: [www.douglas.qc.ca/stress](http://www.douglas.qc.ca/stress) under the heading : 'My Amazing Brain'.

The *My Amazing Brain Program* serves as an introduction to the **DeStress for Success Program** which is a 7-weeks program that aims at providing stress education for children making the transition from middle-school to high school. The *DeStress for Success Program* has been designed in close collaboration with school counselors, school nurses, social workers, teachers, and children/teenagers.



## Searching for Granny's memory.

Written by : Sonia Lupien  
Illustrations by: Alexandra Fiocco

Book Series of the Stress Centre : '15 minutes of science Please!'

Children truly respond to stories. The Centre has therefore begun a children's book series enti-

tled **"15 minutes of Science Please"**. The first book in the series entitled **"The Search for Granny's Memory"** (Text : S. Lupien; Illustration : A. Fiocco, Ph.D. student) tells the story of a brother and a sister learning from their mother that their grand-mother 'lost her memory'. The children then embark into a journey (with a fairy tale) to find granny's memory. They will learn how memory works and why their grandmother's memory is failing but most importantly, they will learn cues on how to help their grandma with her memory and how to maintain communication with their grandmother.

After eighteen months in existence, the Centre for Studies on Human Stress has surpassed our expectations with regards to the interest, enthusiasm, and need for our services. It is with pride that we state that all of the above has been initiated with little to no financial means, and a team of scientists and graduate students who devoted their time generously to have this superb initiative work. Quite frankly however, we are now at a point where the demands simply exceed our financial and personnel resources. Consequently, we will be active in the future at trying to get funds and donations that will allow us to pursue this work, that for sure seems to greatly benefit the public and health-education professionals. ❧

# LES CONFÉRENCES PUBLIQUES

## DU CENTRE D'ÉTUDES SUR LE STRESS HUMAIN



### "SUIS-JE BURNOUT? SUIS-JE DÉPRIMÉ? COMMENT FAIRE LA DIFFÉRENCE?"

Conférencier : Dr. Camillo Zacchia  
Chef Professionnel de Psychologie,  
Institut Douglas

**-Quelles sont les caractéristiques du burn-out? En quoi sont-elles différentes de la dépression ?**  
**-Comment les reconnaître? Comment composer avec celles-ci, personnellement et au boulot ?**  
**-Dr Camillo Zacchia présentera les bases de connaissances de la dépression et du burn-out et offrira des pistes de détection.**



**Date :** Samedi le 8 décembre 2007  
**Heure :** De 13 h à 15 h00  
**Prix d'entrée :** \$10,00

**Endroit :** Salle Douglas, Institut Douglas, 6875 Bld Lasalle, Verdun  
**Réservation Nécessaire :** (514) 761-6131 poste 3452

Pour plus d'info: [www.douglas.gc.ca/stress](http://www.douglas.gc.ca/stress)  
 Pour se rendre au Douglas, consulter le [www.douglas.gc.ca](http://www.douglas.gc.ca)

