

What is the FABBS Foundation?

The FABBS Foundation is an educational 501(c)(3) non-profit organization that promotes and enhances understanding of the mind, brain, and behavior sciences. It was created to take over a substantial part of the educational mission of the Federation of Associations in Behavioral & Brain Sciences (FABBS) on behalf of its constituent sciences.

The purpose of the Foundation is to advance the public's understanding of our sciences; foster communication between our scientists and the public; and promote and facilitate the scientific research process in our disciplines. The end products of our educational efforts include a society that is better equipped to understand the complex, scientific issues that are becoming a daily part of modern life, and a well-informed research community that is prepared to advance their field beyond current expectations and capabilities.

How can I help?

The FABBS Foundation is supported through tax-deductible contributions. Your donation ensures that the impact and importance of the sciences of mind, brain, and behavior are communicated through a variety of educational means.

To learn more about the Foundation, or to make a donation, please visit our website at <http://www.fabbs.org>.



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Federation of Associations in
Behavioral & Brain Sciences

SCIENCE CAFÉ

Relieving Stress: Research Helps Children and Adults Cope

September 25, 2009

Reception: 6:30pm

Lecture: 7:00pm

**Newseum
Knight Conference Center
7th Floor**

555 Pennsylvania Ave, NW
Washington, DC 20001

We appreciate SAGE Publications' support in sponsoring this Science Café.



SPEAKER

Ellen Galinsky

President and Co-Founder
Families and Work Institute



Ellen Galinsky is president and co-founder of Families and Work Institute. She co-directs *The National Study of the Changing Workforce*, *The National Study of Employers* and *When Work Works* projects at Families and Work Institute. She directs the Alfred P. Sloan Academy Awards for Faculty Career Flexibility, The Supporting Work Project, and Mind in the Making. Ms. Galinsky is also the program director of The Conference Board Work Life Conference and staffs The Conference Board's

Work Life Leadership Council.

Ms. Galinsky is the author of more than 35 books and reports, including the groundbreaking book, *Ask the Children*, selected by *The Wall Street Journal* as one of the best work-life books of 1999. She has published more than 100 articles in academic journals, books and magazines.

She is the recipient of numerous awards, including the 2004 Distinguished Achievement Award from Vassar College. She was elected a Fellow of the National Academy of Human Resources in 2005 and a 2006 Purpose Prize Fellow. A popular keynote speaker, she appears regularly at national conferences, on television and in the media, including *Today*, *Good Morning America*, *The Early Show*, and *Oprah*.

Ellen Galinsky has been married for 41 years to artist Norman Galinsky, and they are the parents of two grown children: Philip, an ethnomusicologist and founder-director of Samba New York, an inspiring new performance group, and Lara, vice president at Echoing Green, whose mission is to spark social change by identifying, investing and supporting the world's most exceptional emerging leaders and the organizations they launch.

SPEAKER

Shelley E. Taylor

Distinguished Professor, Department of Psychology
University of California, Los Angeles



Shelley Taylor studies social relationships and how they are protective against stress. Her tend-and-befriend model, which was developed in response to the fight-or-flight metaphor that usually guides stress research, builds on the fact that, in response to stress, people come together with others for joint protection of self and offspring. Professor Taylor also studies self-regulation, stress, and coping and explores the skills that people develop and use for anticipating

stressful events and for minimizing their adverse effects and when they do occur. Finally, Taylor studies how positive beliefs are protective of mental and physical health. She shows that optimism, self-enhancement, a perception of control, and social support can protect against threats or traumas, not only psychologically but also in terms of physical health.

Dr. Taylor received her doctorate from Yale University. She is the author of more than 350 publications in journals and books and is the author of *Social Cognition*, *Positive Illusions*, *Health Psychology*, and *The Tending Instinct*. Professor Taylor is the recipient of a number of awards, including the American Psychological Association's Distinguished Scientific Contribution to Psychology Award. She is a member of the American Academy of Arts and Sciences, the Institute of Medicine, and the National Academy of Sciences.