

Title: Stress Embodiment and Building Resilience in the Post Pandemic Era

Have you felt lost in turning stressful situations into moments that build resilience?
Do you feel overwhelmed by the systemic suffering that our communities and families face?
Are you unsure how to make sense of ACEs and intergenerational trauma when planning
programs or approaching policy?

Lorelei did too. In this presentation, Dr. Lorelei Walker will speak on 'Stress Embodiment' and using a bio-socio framework of the stress response system to understand our experiences, structure our programs, fund our communities, and inform policy.

The Stress Embodiment framework can help us:

- Understand the stress response system as an important biological skill;
 - Identify the key three features of what triggers a stress response;
 - Utilize the stress response system to build resilience;
 - Have agency when our environment changes.

Regardless of the source or stage of life, the way our bodies interpret the world's external surroundings become signals that shift our health and well-being. Our response to harmful traumatic experiences, acute, chronic, or intergenerational, is one of adaptation, even when the response is socially, emotionally, or physically undesirable.

Knowing the 3 core features that trigger a physiologic response, and the 6 environmental components that mitigate it, inform how we approach everything from policy to interpersonal interactions.

Join us as Lorelei Walker, PhD MPH walks us through Stress Embodiment, the features of stress triggers, mitigating resources, and a framework to build resilience in the post-pandemic era.

Dr. Lorelei Walker is an experienced public health professional, community advocate, policymaker, labor leader, and science educator. Her interdisciplinary focus fuels community-centric action enabling systemic change for the greater good. She has served on local nonprofit and labor boards, participated in national partnerships, created multiple professional development programs, advocated for environmental health, and written and implemented health equity policy. She currently supports Early Childcare Education Centers as a Public Health Advisor with the WA State Department of Public Health and the founder of the Social Safety Initiative, a nonprofit committed to the promotion of life-saving public health protocols.

Lorelei earned a PhD and MPH from the University of Washington's School of Public Health, Institute for Public Health Genetics. Her work focused on allostatic load, stress response programming, environmental toxicants, epigenetic adaptation, health equity, and community organizing.

She currently lives in Issaquah, WA with her determined 6-year-old daughter, sister, and the hope schools will reopen soon.