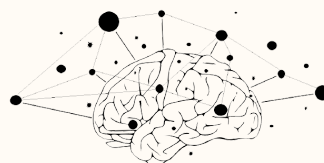


TRAC LAB UPDATE



Hello and Happy New Year!

We are wishing everyone a safe and happy start to 2022! In light of the six month anniversary of CABS (Covid and Adolescent Brain Study), we wanted to check in with our dedicated participants and send along some lab updates, as well as some resources and helpful tips to help people cope with stress while we wait out the ongoing pandemic.



TRAC LAB

[READ MORE](#)





CABS Updates

Thanks to you, we now have 50 adolescents enrolled in our study!

That's 50 rounds of Island Getaway, 100 zoom interviews, 50 online games, and 50 tote bags filled with toys!

We Are Recruiting

Help us spread the word and reach our goal of 480 participants!

If you have any friends or family members with children between the ages of 10-14, please tell them to reach out to us for more info at:
teen.study@mcgill.ca



TRAC Lab Spotlight: Dr. Paige Ethridge

TRAC Lab's first ever graduate student, Dr. Paige Ethridge, officially graduated with her PhD in Clinical Psychology.

Congratulations, Dr. Ethridge!

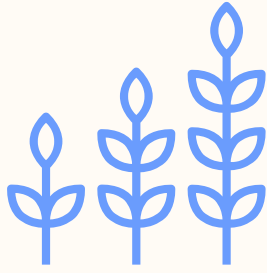
TRAC Lab Shoutout



Aislinn Sandre, graduate student at the TRAC Lab, successfully defended her dissertation in 2021, and is now completing her clinical internship in Ontario.

Amazing work, Aislinn!





Our Lab Is Growing

In 2021, we have gained two new graduate students, one new post-doctoral student, and nine new undergraduates and post-baccalaureates.

Now, we are a team of nineteen researchers committed to better understanding the effects of stress on brain functioning and development.

Welcome, everyone!

Thank you for your hard work this year.

About the Team

To learn more about the TRAC Lab team, visit our website at:
<https://bit.ly/3J05zsX>



COVID-19 Stress

We recognize that since the beginning of the pandemic in March 2020, most people have experienced higher than normal levels of stress.

Knowing this, on the next page we have included some evidence-based tips to that have been shown to help to promote well-being in times of stress.

As we move in to the 2022, we wish everyone a safe and happy New Year.

TIPS FOR STRESS ►

Here's A Few Stress Reduction Tips



1. Get in touch—and stay in touch—with people you care about:

People who feel connected to and supported by other people tend to [cope with stress better](#). Start a text chain, or organize a socially-distanced walk.



2. Make some furry friends:

Spending time with animals can [reduce stress](#)!



3. Get moving!

[Studies](#) have shown that even 10 minutes of exercise a day (and it doesn't have to be too intense!) can significantly improve your mood and your ability to cope with stress.



4. Help others:

In times of stress, reaching out to help other people in need can not only help them—it can also help you to feel [more connected and happier](#).



5. Get some sleep:

Most adults need 7-9 hours of sleep a night—and teenagers need even more (9-11 hours!). Visit [this site](#) to learn more about how to improve your sleeping habits.

KEEP UP WITH THE TRAC LAB



teen.study@mcgill.ca



@lab_trac



<https://bit.ly/3mgXZ3n>