Session TWO: VADM Mary Jackson: “How to make stress your friend”

Recently retired as Commander, Navy Installations (CNIC), Admiral Jackson was my very first mentor for our first Lean In Circle over SEVEN years ago. She is an incredible mentor, role model and friend to many of us!



Zoom link: https://drive.google.com/file/d/1SquIL_uT5p8CSDZ3GgSZ0L6zo8DC-tir/view?usp=sharing

References:
Watch this 15 min TED talk—it’s super funny! https://leanin.org/education/ted-talk-how-to-make-stress-your-friend

OR, get the “cliff’s notes” and download the discussion guide here:https://cdn-media.leanin.org/wp-content/uploads/2016/10/20193632/How-To-Make-Stress-Your-Friend.pdf

Summary:

Indeed, I got choked up recalling times that she had given me some of that same advice when I, too, was “in the grip” experiencing stress as an XO, and she encouraged me to ask myself “where is the stress coming from” and “what can I do about it?” Powerful. She encouraged all of us to study stress. Learn about it! The good and the bad.