



## ANSWERS WITH DR JUSTIN COULSON

### Girls: Trading Anxiety & Perfectionism for Authentic Growth

#### Webinar recording

It's a heartbreaking reality: mental health disorders in teenagers are on the rise. Girls are the most affected, and while there are several contributors to this trend, social media is unquestionably a major factor for many of our daughters.

Platforms like Instagram, Snapchat, and TikTok have changed the way girls relate. Social media has changed girls' expectations for themselves and each other. Anxiety, perfectionism, bullying, and self-loathing are just some of the devastating side effects.

In short, new and impossible standards are leaving many of our daughters feeling like they're simply... not enough. But there's hope.

Join Dr Justin Coulson for Girls, where he'll unpack:

- Why so many of our girls don't feel they are enough.
- How our best-intentioned efforts to help them feel enough backfire.
- Solutions that shift your daughter's focus from worrying if she'll ever be enough to no longer even thinking about it.
- How to establish a relationship that leaves no doubt that she really is enough.

Watch the recording now:

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