

# Managing Stress the Healthy Way

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Shelley E. Taylor's research explores our ability to perceive some stressful situations in ways that have both psychological and biological benefits. Taylor's research shows that in some circumstances, we can develop "positive illusions" – such as an illusion of personal control or unrealistic optimism about the future – to handle stressful situations. Taylor's tend-and-befriend model illustrates how people, especially women, will come together to support one another in stressful situations. Her lab is examining the genetic, early environmental, and neurocognitive origins of these coping mechanisms and their benefits. Taylor is a recipient of the Association for Psychological Science (APS) [William James Fellow Award](#) for her lifetime of [significant intellectual achievements](#) to the basic science of psychology.