Unit 5.2: How to make stress your friend

WATCH

E ▶ **1.26 WATCH FOR MAIN IDEAS** Watch the full edited TED Talk by Kelly McGonigal. Then choose the correct to answer each question.

1. What is McGonigal's confession? What does she think she has done wrong?
   - **a.** She has been teaching people that stress is good for them, but in fact it is not.
   - **b.** She has put people's health in danger by telling them that stress is bad for their health.
   - **c.** She has experienced a lot of stress.
2. What did McGonigal learn that changed her mind about stress?

   She learned that _____.
   - **a.** stress has both harmful and beneficial effects on the body
   - **b.** stress is very good for people
   - **c.** the effects of stress on people's health depends on the way they think about stress
3. What are the possible benefits of stress?
   - **a.** It can strengthen your heart and make you want to connect with other people.
   - **b.** It can help you relax and live longer.
   - **c.** It makes your heart beat faster and constricts the blood vessels.
4. What effect does taking care of people have on the brain? What is the connection between taking care of other people and stress?
   - **a.** It causes the brain to release oxytocin, which helps protect us against the harmful effects of stress.
   - **b.** It has a similar effect on the brain as other major stressful life experiences.
   - **c.** Taking care of people is stressful, so the brain becomes more resilient.
5. What is the main purpose of McGonigal's talk?
   - **a.** She wants to change the way people think about stress so that they can benefit from it, rather than be harmed by it.
   - **b.** She wants to convince people to take better care of themselves so that they do not suffer from as many stress-related health problems.
   - **c.** She wants people to be thankful for the stressful experiences in their lives and share them with other people.

LIVEWORKSHEETS

F ▶ **1.27** **WATCH FOR DETAILS** Watch the segments from the edited TED Talk and fill in the blanks in the notes with symbols from the Note-Taking Skill box. In some cases, more than one symbol might be correct.

Segment 1: Study 1

30,000 U.S. adults for 8 yrs.

Qs: How much stress in last year? AND Do you believe stress is harmful?

RESULTS = People experience a lot of stress & believe stress is harmful

43% _____ (1) risk of dying

BUT only true if people believe stress is harmful. People NOT believe stress is harmful, had no _____ (2) risk of dying—they had lowest risk of dying!

Believing stress is bad for you _____ (3) 15th largest cause of death, _____ (4) skin cancer, HIV/AIDS, & homicide

Segment 2: Built-In Mechanism for Stress Resilience = Human Connection

reach out to others under stress _____ (5) ↑ release oxytocin _____ (6) healthier stress response _____ recover faster from stress

LIVEWORKSHEETS