

HOW TO MAKE STRESS YOUR FRIEND

3. Watch the TED talk then choose the correct answer to 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.