

# **HOW TO MAKE STRESS YOUR FRIEND**

1. Watch the TED talk and check the information that Kelly mentions in the talk.

1. \_\_\_\_\_ positive effects of acute stress
2. \_\_\_\_\_ negative effects of chronic stress
3. \_\_\_\_\_ positive effects of chronic stress
4. \_\_\_\_\_ how we can control stress with medication
5. \_\_\_\_\_ how we can manage stress with relaxation and meditation
6. \_\_\_\_\_ how we can understand the causes of stress