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

LIVEWORKSHEETS