

(6.10.2020) TED talk on overcoming stress + Forum

1. “How to make stress your friend” – TED talk.

- Watch the TED talk: “How to make stress your friend”, answer these questions or complete the sentences, as indicated. Attach your answers in a word file as the Exercises done assignment.

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?referrer=playlist-the_most_popular_talks_of_all#t-72944

1. How many people did the speaker study to remodel her approach to stress? How long was the study?
2. What questions were asked?
3. Did she identify any connection at all between the level of stress and people’s beliefs about its effects on them?
4. What popular symptoms of anxiety does the speaker mention?
5. What is the positive interpretation (meaning) of the body stress response?
6. The speaker compares the body’s positive response to stress to that in moments of
7. The new science of stress reveals that ...
8. In the middle of the talk, the speaker mentions another, seemingly weird, aspect of stress response, namely that
9. To prove her point, she develops her ideas around a hormone, , also nicknamed ...
10. What functions of the hormone does she mention?
 - ...
 - ...
 - ...
11. Considering its functions, oxytocin (a stress hormone) makes us ... in situations of stress.
12. How does oxytocin work on the heart?
13. The final study that she mentions revealed that those who care for others ...

2. Forum on how to survive the present semester well and in a good mental shape:

- Post your ideas in response to this statement:
Based on own experience(s) of the past semester, share advice on how to get (more) smoothly and relatively stress free through the present semester. See if you can adopt some ideas from the TED talk.
 - **A post should be about 100 words long.**
 - **The forum is obligatory for everybody.**

3. The deadline for this work is: 11.10.2020, time: 22.00.