



How to make stress your friend

Kelly McGonigal

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Stress is something we all cannot avoid. Many people may have a pessimistic view of what it means to be stressed. I am one of them. But listening to this speech will change your perspective on stress. I also changed my view of stress by listening to this speech, and I feel that I can deal with stress better. I chose this topic because I want to share this speech with everyone, not only to learn how to cope with stress, which no one can avoid, but also because it inspired me to see stress in a positive light.

1. Before watching the video, think about “Stress” by yourself first. What does stress mean to you?

2. You are going to listen to a speech by Kelly McGonigal about stress and mental health. Before listening, match the following words with their meanings:

- a. cardiovascular
- b. prematurely
- c. impromptu
- d. demonizing
- e. pound
- f. hype
- g. fine-tune
- h. crave
- i. snort
- j. pituitary gland
- k. nudge
- l. anti-inflammatory
- m. resilience

- 1. inhale (the powdered form of an illegal drug, especially cocaine) through the nose
- 2. make small adjustments to (something) in order to achieve the best or a

desired performance

3. done or said without earlier planning or preparation
4. the ability to be happy, successful, etc. again after something difficult or bad has happened
5. drug or substance that is used to reduce pain and swelling
6. relating to the heart and blood vessels
7. extravagant or intensive publicity or promotion.
8. to try to make someone or a group of people seem as if they are evil
9. gently encourage (someone) to do something
10. in a way that happens or is done too soon, especially before the natural or suitable time
11. to have a very strong feeling of wanting something
12. to hit or beat repeatedly with a lot of force, or to crush something by hitting it repeatedly
13. a small organ at the base of the brain that controls the growth and activity of the body by producing hormones

3. Now, listen to the talk. After listening, answer as many of the following questions:

- **According to the study, what do people who experienced a lot of stress in the previous year and had a 43% increased chance of dying have in common?**

- **According to her speech, how should you view changes in your body, such as your heart beating faster or breathing more quickly?**

- **Oxytocin is known as the hormone that makes you crave physical contact with your friends and family. And, what new explanations about oxytocin have you got here, listening to this talk?**

4. Discuss the questions below with your classmates, or if that is not possible, think about them yourself.

- **Do you have your own ways of coping with stress?**
- **Has your view of stress changed after listening to this ted talk? If so, how has it changed?**
- **Which part of this ted talk surprised or impressed you the most?**

Answer

- a. cardiovascular 6
- b. prematurely 10
- c. impromptu 3
- d. demonize 8
- e. pound 12
- f. hype 7
- g. fine-tune 2
- h. crave 11
- i. snort 1
- j. pituitary gland 13
- k. nudge 9
- l. anti-inflammatory 5
- m. resilience 4

- **That was only true for the people who believed that stress is harmful for your health.**
- **You should rethink their stress response as helpful. That pounding heart is preparing you for action. If you're breathing faster, it's getting more oxygen to your brain.**
- **oxytocin is a stress hormone. And the physical benefits of oxytocin are enhanced by social contact and social support.**